

CHICKEN PESTO WRAP

INGREDIENTS:

chicken + marinade -

- 2 chicken breasts
- 4 T olive oil
- juice from 1 large lemon
- salt and pepper
- 2 garlic cloves, pressed

wrap -

- 4 T spinach pesto (I make this one.)
- 4 tortillas
- 1/4 cup+ shredded sharp cheddar or asiago
- 4 strips of prosciutto
- 1 avocado, sliced
- 1/4 cup tomato slices

DIRECTIONS:

1. Place the chicken in a shallow dish or gallon-sized bag. Top with the marinade ingredients. Make sure the chicken is all covered and set aside for 10 minutes.
2. Meanwhile heat your cast iron skillet on medium-high heat. Crisp up the prosciutto in the hot pan. Remove and set aside. Turn your oven on to 250F. Line a baking sheet with foil.
3. Grill chicken on a grill pan or on an outdoor grill if you've got one! Cook for 5 minutes, or so, on each side or until cooked through. Remove from grill and cut into strips.
4. Assemble sandwiches by spreading pesto on each tortilla. Top with strips of chicken, and sprinkle with cheese. Pop onto the prepared baking sheet and bake for about 7-8 minutes or until the cheese is melted.
5. Top with avocado slices and tomato slices. Serve with a beer!