



Buffalo Chicken Wraps

Serves 4, Total time: 10 minutes

Ingredients

2 cups cooked chicken, shredded or chopped

1/2 cup buffalo sauce

1 cup shredded lettuce

1/4 cup ranch dressing

4 medium flour tortillas

Optional fillings: sliced tomato, shredded carrots, sliced onion, shredded cheese

Directions

1. In a large bowl, combine the cooked chicken and buffalo sauce until the chicken is fully coated with the sauce.
2. Lay out the flour tortillas and divide the chicken evenly among the tortillas. Top the chicken with lettuce and ranch and add any other desired fillings. Fold in the sides of the tortilla and roll it up. Serve warm or cold.
3. Grill on panini for a crisp!



Source: gimmedelicious.com



Creamy Chicken Pasta Salad

Serves 8. Prep/cook time: 30 minutes. Additional time to chill if desired: 1 hour

Ingredients

Pasta Salad:

- 8 ounces of your favorite bite-sized pasta, like penne or farfalle
- 3 cups chicken, cooked and diced
- 6 slices of bacon, cooked and crumbled
- 1 pint grape or cherry tomatoes, halved or quartered
- 1/2 cup shredded cheddar cheese
- 3 green onions, sliced - 3 for the salad and 2 for the garnish

Dressing:

- 1/2 cup mayonnaise
- 5-6 ounces plain Greek yogurt
- 1/3 cup low-fat milk
- 1 package ranch dressing mix

Directions

1. Cook pasta according to directions. Drain and run under cold water. Set aside.
2. Combine dressing ingredients in a large bowl and set aside.
3. To the large bowl, add the remaining ingredients and chill before serving (optional).
4. Garnish with green onion and serve.



Source: spendwithpennies.com, modified from original recipe