

Chicken and Bacon Rollups

Delicious

Serves:

Oven Temp:

Prep Time:

Cooking Time:

Ingredients

Qty	Ingredient
1/2 cup	Mayonnaise; or Guacamole
1 teaspoon	Tarragon; minced, fresh
2 teaspoons	Lemon Juice
4 each	Flatbread; Whole Wheat
2 cups	Romaine
2 cups	Tomato; chopped (about 2 medium)
4 each	Bacon; cooked and drained
2 cups	Chicken breast



Method

Step	Instruction
1	Combine reduced-fat mayonnaise, minced tarragon, and fresh lemon juice in a small bowl. Spread 2 tablespoons mayonnaise mixture over each flatbread. Top each with 1/2 cup shredded romaine lettuce, 1/2 cup chopped tomato, 1 bacon slice, crumbled, and 1/2 cup chicken. Roll up.

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