



Cheesy Garlic Chicken Wraps

Introduction

Cheesy garlic chicken wraps are a delightful and quick meal that packs a punch of flavor. Ideal for busy weeknights, this recipe can be prepared in just 20 minutes, making it perfect for families or anyone looking for a satisfying dish without spending hours in the kitchen. With tender chicken, melted cheese, and a delicious garlic butter brushing, these wraps are sure to become a favorite.

Detailed Ingredients with measures

2 boneless, skinless chicken breasts (sliced)
1 tsp garlic powder

1 tsp paprika
Salt and pepper (to taste)
1 tbsp olive oil
1/2 cup shredded mozzarella cheese
1/2 cup shredded cheddar cheese
4 large flour tortillas
2 tbsp butter (melted)
2 cloves garlic (minced)
Fresh parsley (chopped, for garnish)

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 20 minutes

Yield: 4 servings

Directions

1. Heat olive oil in a skillet over medium heat. Season chicken with garlic powder, paprika, salt, and pepper. Cook for 5-7 minutes until golden and cooked through.
2. In a small bowl, combine melted butter and minced garlic. Set aside.
3. Lay out tortillas and sprinkle mozzarella and cheddar cheese evenly on each.
4. Divide the cooked chicken among the tortillas, placing it over the

cheese.

5. Roll up each tortilla to form a wrap.
6. Brush the tops of the wraps with garlic butter and grill them in the skillet for 2-3 minutes on each side until golden and crispy.
7. Garnish with fresh parsley and serve hot.

Enjoy these scrumptious cheesy garlic chicken wraps as a quick lunch, dinner, or an impressive snack for gatherings!

Detailed Directions and Instructions

Step 1: Prepare the Chicken

Heat olive oil in a skillet over medium heat. While the oil is heating, season the sliced chicken breasts with garlic powder, paprika, salt, and pepper. Once the oil is hot, add the chicken to the skillet and cook for about 5-7 minutes, or until the chicken is golden and fully cooked through.

See also Crockpot Cowboy Soup

Step 2: Make Garlic Butter

In a small bowl, combine the melted butter with the minced garlic. Mix well and set this mixture aside for later use.

Step 3: Prepare the Tortillas

Lay out the four large flour tortillas on a clean surface. Sprinkle an even amount of shredded mozzarella and cheddar cheese on each tortilla, ensuring they are well-covered.

Step 4: Add Chicken to Tortillas

Once the chicken is cooked, divide it evenly among the prepared tortillas. Place the cooked chicken directly over the cheese on each tortilla.

Step 5: Roll the Wraps

Carefully roll up each tortilla, starting from one end and tightly wrapping it around the filling until you reach the other end. Ensure the filling is securely enclosed within the wrap.

Step 6: Grill the Wraps

Using a brush, coat the tops of the wraps with the garlic butter mixture. Place the wraps in the same skillet over medium heat and grill them for about 2-3 minutes on each side, or until they are golden and crispy.

Step 7: Garnish and Serve

Once grilled, remove the wraps from the skillet. Garnish them with freshly chopped parsley for a pop of color and added flavor. Serve hot for the best taste experience.

Notes

Ingredient Tips

Ensure to use boneless, skinless chicken breasts for a more tender and easy-to-eat wrap.

Storage Instructions

Leftover wraps can be stored in an airtight container in the refrigerator

for up to 2 days. Reheat them in a skillet to regain crispiness.

Serving Suggestions

These cheesy garlic chicken wraps pair well with a side of fresh salad or a dipping sauce like ranch or marinara.

See also Cream Cheese Caramel Apple Dip

Customization Options

Feel free to add vegetables like bell peppers or spinach to the wraps for added nutrition and flavor.

Cook techniques

Searing Chicken

Heat olive oil in a skillet over medium heat to ensure even cooking. This technique helps to brown the chicken, enhancing its flavor and texture.

Seasoning

Season the chicken with garlic powder, paprika, salt, and pepper before cooking. Proper seasoning enhances the dish's overall taste.

Cheese Layering

Evenly distribute shredded mozzarella and cheddar cheese on the tortillas. This technique ensures that each bite contains a mix of flavors.

Rolling Wraps

Place the cooked chicken on the cheese and roll up the tortillas tightly.

This helps to keep the filling secure while cooking.

Grilling

Brush the tops of the wraps with garlic butter and grill until golden and crispy. This technique adds a delicious crunch and flavor to the wraps.

Garnishing

Garnish with fresh parsley before serving. This not only adds color but also enhances the dish's presentation and flavor.

FAQ

Can I use different types of cheese?

Yes, you can substitute with any cheese of your choice, such as provolone, gouda, or pepper jack for added flavor.

What can I serve with cheesy garlic chicken wraps?

These wraps pair well with a side salad, potato chips, or a light dipping sauce like ranch or marinara.

Can I prepare these wraps in advance?

Yes, you can prepare the wraps ahead of time, but it's best to grill them just before serving for optimal crispness.

Can I use other proteins instead of chicken?

Absolutely! You can use turkey, beef, or even vegetables as a filling for a vegetarian option.

See also Amish Macaroni Salad

What if I don't have garlic powder?

If you don't have garlic powder, you can use fresh minced garlic or garlic salt in a smaller amount to add flavor.

Conclusion

The Cheesy Garlic Chicken Wraps are a deliciously simple meal that combines tender chicken, rich cheeses, and the aromatic flavor of garlic. Perfect for a quick lunch or dinner, these wraps are not only easy to prepare but also customizable, allowing you to incorporate your favorite ingredients. Serve them hot for a satisfying and comforting dish that your family and friends will love.

More recipes suggestions and combination

Spicy Chicken and Avocado Wraps

Mix in diced avocado and a splash of lime juice for a fresh, zesty twist on your wraps.

BBQ Chicken Wraps

Substitute the spices with your favorite BBQ sauce and add coleslaw for a tangy taste.

Veggie Cheesy Wraps

Replace chicken with sautéed bell peppers, onions, and spinach for a vegetarian option loaded with cheesy goodness.

Buffalo Chicken Wraps

Toss cooked chicken in buffalo sauce before wrapping to add a spicy kick to your meal.

Italian Chicken Wraps

Add roasted red peppers and a sprinkle of Italian herbs for a delightful Mediterranean flavor profile.