



Yuletide Caesar Wrap Feast

A Winter's Lunch Story

My grandson Leo visited last December. He was so hungry after playing in the snow. I had leftover chicken and some greens. We threw it all in a wrap. He called it his “feast.” I still laugh at that.

Now, we make these wraps every year. It feels like a little holiday tradition. The cool, crunchy salad inside a soft wrap is perfect. It is a small joy that matters. Simple food can hold big memories.

Why This Wrap Works

This recipe is about balance. You get creamy, crunchy, and soft in one bite. The salty cheese and the crisp lettuce are friends. The dressing ties it all together. Doesn't that sound good?

Fun fact: The Caesar salad was invented in Mexico, not Italy! Now, what is your favorite food with a surprising story? Tell me in the comments. I love learning new things.

Let's Get Wrapping

First, mix everything in your big bowl. Use your hands. Feel the textures. Taste a little piece. Does it need more pepper? You are the boss of your food.

Lay your tortilla flat. Pile the filling in the center. Fold the sides in, like you are tucking it into bed. Then roll it up tight from the bottom. A good wrap is a snug hug for the filling.

A Thought on Leftovers

This recipe is wonderful for using up cooked chicken. A roast from Sunday can become lunch on Tuesday. This matters because it teaches us not to waste. It is a quiet kind of kitchen magic.

You can wrap them in foil for later. They keep well in the cold box. Do you have a favorite "leftover makeover" recipe? I am always looking for new ideas to share.

The Taste of Togetherness

Food is more than eating. It is about the hands that make it. It is about sharing a meal. These wraps are easy to make with someone you love. That is the second reason this matters.

You can cut them in half to share. You can pack them for a winter picnic. What is your favorite food to make with family or a friend? For

me, it will always be these wraps with Leo.

See also Herb Stuffed Turkey with Cranberry Pan Sauce

Ingredients:

Ingredient	Amount	Notes
Chopped cooked chicken	1 1/2 cups	
Chopped romaine lettuce	2 cups	
Caesar dressing	1/3 cup	
Freshly grated Parmesan cheese	1/4 cup	
Croutons	1/2 cup	
Salt	to taste	
Black pepper	to taste	
Large 10-inch flour tortillas	4	



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Instructions

Step 1: Grab your biggest mixing bowl. Toss in the chicken, lettuce, and croutons. Now, pour that creamy Caesar dressing right over everything. Sprinkle in the Parmesan cheese like snow. Give it all a gentle mix with your hands. (A gentle toss keeps the lettuce crisp!)

Step 2: Have a little taste. Does it need a pinch of salt or pepper? Now, lay a tortilla flat on the counter. Spoon a big pile of your salad right in the center. Don't be shy, but don't overfill it either.

Step 3: Time to fold! Pull the left and right sides toward the middle. Then, lift the bottom flap up and over the filling. Roll it all up tightly, like a cozy blanket. What's the trickiest part of wrapping for you? Share below!

Step 4: Repeat with the other tortillas. You can serve them whole or slice them in half. To save them, wrap each one tightly in foil. They'll be happy in the fridge for a day or two. I still pack these for picnics.

Creative Twists

This wrap is wonderful as-is. But sometimes, a little change is fun. Try swapping the chicken for chickpeas for a veggie version. My grandson loves it. Use a sun-dried tomato tortilla for a festive red color. Doesn't that sound cheerful? Add a handful of dried cranberries for a sweet, tangy surprise. It reminds me of holiday stuffing. Which one would you try first? Comment below!

Serving & Pairing Ideas

These wraps are a full meal by themselves. But I love a little something on the side. A bowl of tomato soup is perfect for dipping. Some crisp pickle spears add a nice crunch. For a drink, a fizzy apple cider is so refreshing. For the grown-ups, a crisp glass of chilled white wine pairs nicely. It all feels like a simple, happy feast. Which would you choose tonight?

See also [Golden Crisp Turkey with Herbed Butter Glaze](#)



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Keeping Your Feast Fresh

Let's talk about keeping your wraps tasty for later. Wrap each one tightly in foil or parchment paper. This keeps the tortilla from getting soggy. Pop them in the fridge for up to two days.

I don't recommend freezing these. The lettuce gets too sad and wilted. It loses its lovely crunch. But they are perfect for making ahead for lunch.

I once made a big batch for my grandson's soccer team. Wrapping them well was the key! No one got a mushy wrap. Batch cooking like this saves your future self time.

It means a good meal is ready when you are busy. That matters for a happy home. **Have you ever tried storing it this way? Share below!**

Wrap It Right, Every Time

Sometimes wraps can be tricky. Here are simple fixes. First, a soggy tortilla. Always put your salad in the middle, not near the edges. Leave a good border for folding.

Second, a wrap that falls apart. Roll it tightly! Tuck those sides in well. I remember when my first wrap unrolled like a sleepy tongue. A tight roll holds everything together.

Third, not enough flavor. Taste your salad mix before wrapping. Add more dressing or pepper if needed. Getting the flavor right before wrapping matters most.

It builds your cooking confidence. It also means every bite is delicious.

Which of these problems have you run into before?

Your Quick Questions, Answered

Q: Can I make this gluten-free?

A: Yes! Use gluten-free tortillas and check your dressing and crouton labels.

Q: How far ahead can I make these?

A: Assemble them up to a day ahead. Wrap them well and refrigerate.

Q: What can I use instead of chicken?

A: Try chickpeas or chopped hard-boiled eggs. They are both very tasty.

Q: Can I make a smaller portion?

A: Of course. Just cut all the ingredients in half. Easy!

See also Savory Pumpkin Borek Holiday Bites

Q: Any fun extra tips?

A: A *fun fact*: The Caesar salad was invented in Mexico! For a twist, add a sprinkle of bacon bits. **Which tip will you try first?**

From My Kitchen to Yours

I hope you love making these wraps. They are simple and satisfying. Food is best when shared with loved ones.

I would love to hear about your cooking adventure. Tell me all about it in the comments. Your stories make my day brighter.

Have you tried this recipe? Let me know how it went in your own

kitchen. I am always here, cheering you on.

Happy cooking!
—Elowen Thorn.



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[Print Recipe](#)

Yuletide Caesar Wrap Feast

Author: Elowen Thorn

Cooking Method: [No-Cook](#) [Assemble](#)



Cuisine: [American](#)



Courses: [Lunch](#) [Main](#)



Difficulty: **Beginner**

Prep time: **15 minutes**



Cook time: **minutes**



Rest time:



Total time: **15 minutes**



Servings: **4 servings**



Calories: **520 kcal**

Best Season: **Summer**

Description

A festive and easy-to-make wrap filled with the classic flavors of a

Chicken Caesar Salad, perfect for a quick lunch or a holiday gathering.

Ingredients

- ☐ 1 1/2 cups chopped cooked chicken
- ☐ 2 cups chopped romaine lettuce
- ☐ 1/3 cup Caesar dressing
- ☐ 1/4 cup freshly grated Parmesan cheese
- ☐ 1/2 cup croutons
- ☐ Salt to taste
- ☐ Black pepper to taste
- ☐ 4 large 10-inch flour tortillas

Instructions

1. In a large mixing bowl, combine the chopped chicken, romaine lettuce, Caesar dressing, Parmesan cheese, and croutons. Toss gently until all ingredients are evenly coated with dressing. Taste and adjust seasoning with salt and black pepper as needed.
2. Place one tortilla on a clean work surface. Spoon one-quarter of the salad mixture into the center of the tortilla. Fold the left and right edges toward the center, then fold the bottom edge upward and roll firmly to enclose the filling. Repeat the process with the remaining tortillas.
3. Serve the wraps whole or cut them in half. Wrap each assembled Chicken Caesar Salad Wrap tightly in foil, parchment paper, or plastic wrap if storing. Refrigerate for up to 2 days.

Notes

For a crispier wrap, you can lightly toast the tortilla in a dry pan before assembling. Add sliced cherry tomatoes or crispy bacon for extra flavor.

Keywords: Chicken, Caesar, Wrap, Salad, Lunch, Holiday