

# Chicken Salad Wraps

A healthy, high-protein chicken salad wrap with creamy dressing and a couple of secret umami ingredients. Great for meal prep and packed lunches. **Find step-by-step photos and more recipe tips above.**

**PS.** Protein content can be even higher with high-protein wraps.

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Prep Time

20 mins

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Total Time

20 mins

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5 from 3 votes

Course: Snack, Lunch    Cuisine: American, Healthy

Keyword: Lunch Wraps, Chicken salad, chicken salad wraps, high-protein chicken wraps, chicken veggie salad wraps

Diet: Healthy, High-Protein, Low-Calorie    Method: Tossed, Rolled

Servings: 4 , can be 6 wraps    Calories: 351kcal    Author: Irena Macri

## Ingredients

- 12 oz cooked chicken about 350 grams, diced
- 2 spring onions finely sliced
- 2 oz Greek or plain yogurt about 60 grams, I used high-protein Greek
- 3 oz light mayonnaise about 90 grams
- 1 ½ teaspoon Dijon mustard
- ½ carrot grated
- 1½ oz baby spinach about 35–40 grams, roughly chopped
- 1 oz sun-dried tomatoes finely chopped (about 30 grams)
- 1 celery rib finely diced
- Zest of ½ lemon
- Juice of ½ lemon
- 1 oz grated Parmesan cheese about 30 grams
- 4 –6 soft tortilla wraps medium size, see notes

## Instructions

1. Dice the cooked chicken and place it in a mixing bowl.
2. Finely dice the celery, sun-dried tomatoes, and green onions.
3. Grate the carrot, zest the lemon, and roughly chop the spinach.
4. Add all ingredients to the bowl with the chicken.
5. Mix everything together until well combined and creamy.

6. Spoon about 1–1.5 cups of the mixture onto each tortilla and roll into a wrap.
7. Enjoy as-is, or toast in a dry pan for a crispy, golden finish.

**Note:** Yields 4 large or 6 medium wraps depending on how full you make them. Nutrition info based on 4 large wraps.

## Notes

- Don't use watery veggies like fresh tomatoes or cucumbers if you're making this ahead – they'll make the mix soggy.
- *Chop everything pretty small* so it all blends together and rolls up neatly in the wrap.
- Want a lower-carb version? Go for lettuce cups or low-carb tortillas.
- If you love extra crunch, throw in some toasted seeds or nuts.
- **Storage tips:** Store the chicken salad mixture in an airtight container in the fridge for 3–4 days.
- **Make-ahead:** Mix the salad ahead of time, and just roll up the wraps fresh when you need them. You can also portion out the filling into containers for grab-and-go lunches.
- **Swaps & Add-Ins:** Switch spinach for arugula or kale. Try adding fennel, bell peppers, or even red cabbage For extra calories, throw in avocado or a handful of grated cheese.