



Prep time: 1 hour and 10 minutes

What you need:

Ingredients for the chicken:

- 1 large bone-in chicken breast, skin removed
- ½ teaspoon salt substitute
- ½ teaspoon black pepper

Ingredients for the salad:

- 1 scallion
- 1 stalk celery
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon black pepper
- 1 tablespoon fat-free mayonnaise
- 2 romaine lettuce leaves
- 8-inch whole-wheat wrap

Equipment and supplies:

- Baking sheet or shallow roasting pan
- Aluminum foil
- Knife and cutting board
- Large mixing bowl
- Measuring spoons

What to do:

Instructions for cooking the chicken:

1. Preheat oven to 350°F (176°C).
2. Line baking sheet or roasting pan with foil. Spray foil with cooking spray and place chicken on top.
3. Spray chicken with cooking spray and season with salt substitute and black pepper. Roast for 1 hour.
4. Allow to cool completely before pulling meat off of the bone and dicing. Chicken can be cooked a day or two in advance and kept refrigerated.

Instructions for making the salad:

1. Finely chop scallion and celery.
2. In a large bowl, combine the pre-made chicken, scallion, and celery, five-spice powder, pepper, and mayonnaise. Stir until well combined.
3. Spoon chicken mixture onto wrap and place lettuce on top. Roll up, cut in half, and serve with some crispy fresh veggies.

How much does this recipe make? 2 servings