**Buffalo Chicken Caesar Wrap**

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 4**

|  |  |  |
| --- | --- | --- |
| **Ingredients** | **Quantity** | **Measure** |
| Romaine Lettuce, chopped | 5 | cups |
| Vegan Caesar Dressing, store bought or sub recipe | .75 | cups |
| Vegan Parmesan Cheese, store bought or sub recipe | .50 | cups |
| Franks Hot Sauce Buffalo Style | .5 | cups |
| Gardein Chick’n Tenders | 1 | Lb. |
| Flour Tortillas, 10” or 12” | 4 | each |
| **Caesar Dressing (sub recipe)** |  |  |
| Olive Oil | .25 | cup |
| Tofu, soft | .25 | cup |
| Lemon Zest | .5 | Tsp. |
| Dijon Mustard | 2 | Tsp. |
| Capers, drained | 2 | Tsp. |
| Nutritional Yeast | 2 | Tsp. |
| Salt | 1/8 | Tsp. |
| Pepper | 1/8 | Tsp. |
| **Parmesan Cheese (sub recipe)** |  |  |
| Almonds, blanched and slivered | .50 | cup |
| Cashews, raw | .50 | cup |
| Nutritional Yeast | .25 | cup |
| Salt, Kosher | .5 | Tsp. |
| Garlic Powder | .25 | Tsp. |

**Preparation**

1. **For Caesar Dressing: puree oil, tofu, lemon zest and juice, capers and nutritional yeast in blender until smooth. Season with salt and pepper.**
2. **For Parmesan Cheese: pulse almonds, cashews, nutritional yeast, salt and garlic powder in a processor until a fine meal forms.**
3. **To assemble wraps: Heat chick’n tenders in over according to package directions. Toss lettuce with dressing; stir in parmesan. Set aside. Once tenders are heated, chop them and toss with buffalo hot sauce.**
4. **Lay tortilla on cutting board and place 1.25 cups lettuce down (leave border at end of shell). Top with .25 cup of buffalo tenders.**
5. **Fold up with tortilla over the filling and then fold in the sides and roll up tightly.**
6. **Slice diagonally and serve.**

 **Serving Information**

**Great entrée to serve immediately or as a grab and go option.**