

Grilled Chicken Caesar Lettuce Wraps

13 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the grill over medium heat.
2. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
3. In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
4. Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
5. Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
6. Remove chicken from the grill and dice with a knife.
7. Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver

Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill

Use an oven pre-heated to 400 instead.

More Carbs

Add quinoa to your wraps.

Vegan

Use roasted chickpeas instead of chicken.

Ingredients

1	Garlic (whole bulb)
	Sea Salt & Black Pepper (to taste)
1/2 tsp	Paprika
1/2 tsp	Black Pepper
1/2 tsp	Onion Powder
1/2 tsp	Garlic Powder
1/2 tsp	Sea Salt
1	Lime (juiced)
16 ozs	Chicken Breast
1	Lemon (juiced)
1/4 cup	Extra Virgin Olive Oil (plus some extra for roasting garlic)
1 tbsp	Dijon Mustard
1 head	Boston Lettuce (washed and pulled apart into leaves)