

These Cheesy Garlic Chicken Wraps Are Crispy, Creamy, and Totally Crave-Worthy

Why These Wraps Are a Game-Changer



TIME
4 min

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INGREDIENTS

2 cups cooked chicken, shredded or diced
1 cup shredded mozzarella cheese
 $\frac{1}{2}$ cup cream cheese, softened
3 cloves garlic, minced
 $\frac{1}{2}$ cup sour cream
1 tsp Italian seasoning
 $\frac{1}{2}$ tsp salt
... tsp black pepper
4 large flour tortillas
1 cup fresh spinach leaves
 $\frac{1}{2}$ cup diced tomatoes (optional but adds a juicy touch)
Olive oil, for brushing the skillet

DIRECTIONS

- 1.** Make the Cheesy Chicken Filling: In a large bowl, I combine the cooked chicken, mozzarella, cream cheese, garlic, sour cream, Italian seasoning, salt, and pepper. I mix everything until it's well blended and creamy. The garlic really shines here, especially once it's warmed inside the wrap.
- 2.** Assemble the Wraps: I lay out each tortilla on a clean surface and scoop a generous portion of the chicken mixture into the center. Then I layer in a handful of spinach and a few spoonfuls of diced tomatoes for freshness and color.
- 3.** To roll, I fold in the sides of the tortilla, then roll from the bottom up, tucking tightly to hold everything in. The goal is a neat, burrito-style wrap that won't leak while cooking.
- 4.** Toast to Perfection: In a skillet over medium heat, I brush a light layer of olive oil and place the wraps seam-side down. I cook each one for 3-4 minutes per side, until the tortilla is golden brown and crisp. The cheese melts, the garlic becomes fragrant, and the outsides get that perfect crunch.
- 5.** Serve and Slice: Once they're done, I let the wraps cool for a minute or two, then slice them in half for easier eating (and a satisfying cheese pull). These are best served warm-melty and fresh off the skillet.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/these-cheesy-garlic-chicken-wraps-are-crispy-creamy-and-totally-crave-worthy/>