

Creamy Garlic Chicken Wraps You'll Want to Meal Prep Every Week

Need a fast, filling, and seriously flavorful meal? These



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7 min

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INGREDIENTS

- 2 chicken breasts, thinly sliced
- 4 whole wheat wraps (or any tortilla)
- 1 tbsp olive oil
- 4 cloves garlic, minced
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup chicken broth
- $\frac{1}{2}$ cup grated Parmesan cheese
- Salt and pepper, to taste
- $\frac{1}{2}$ cup fresh spinach
- $\frac{1}{2}$ cup shredded mozzarella cheese
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice

DIRECTIONS

1. ? 1. Cook the Chicken: Heat olive oil in a skillet over medium heat. Add chicken strips, season with salt and pepper, and cook for 5-7 minutes, until golden and cooked through. Remove from skillet and set aside.
2. ? 2. Make the Garlic Cream Sauce: In the same skillet, add the minced garlic and sauté for 1-2 minutes until fragrant. Pour in heavy cream and chicken broth, then stir in Parmesan cheese. Simmer for 3-4 minutes, stirring often, until the sauce slightly thickens.
3. ? 3. Combine with Chicken and Spinach: Return the cooked chicken to the skillet and stir to coat in the sauce. Add fresh spinach and cook for 2-3 minutes, until wilted. Finish with lemon juice, then sprinkle in mozzarella cheese and fresh parsley.
4. ? 4. Assemble the Wraps: Lay out your whole wheat wraps. Spoon a generous portion of the creamy chicken mixture onto each. Roll them up tightly, slice in half, and serve warm-or wrap and chill for later.

SWAPS & NOTES

: Creamy garlic-Parmesan sauce = flavor bomb Easy one-skillet cook = minimal cleanup Wrap and go = perfect for meal prep or on-the-go lunches Melty cheese and fresh spinach = balance and texture It's versatile, too.

Serve it hot or cold, pack it in lunches, or slice it into pinwheels for party platters.

Substitute with half-and-half or Greek yogurt for a lighter option.

Add veggies : Sautéed mushrooms, bell peppers, or sun-dried tomatoes add even more flavor.

TIPS FOR SUCCESS

Slice the chicken thin so it cooks evenly and quickly.

Let the sauce thicken slightly before adding the spinach so it clings to the meat.

Warm your tortillas before filling to prevent tearing.

Lightly grill them in a skillet or panini press after assembling.

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