

## Crispy Southwest Chicken Wraps with Chipotle Ranch: Your New Weeknight Obsession!

Crispy Southwest Chicken Wraps with Chipotle Ranch



**OVEN**  
**375°F**

**TIME**  
**5-7 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 lb boneless, skinless chicken breast
- 1 tbsp olive oil
- 1 tbsp taco seasoning (your favorite blend)
- 1 cup shredded cheddar cheese
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion

4 large flour tortillas

1/2 cup chipotle ranch dressing

Salt and pepper to taste

Swaps and Notes:

**Chicken:** No chicken breast? Cooked shredded chicken, ground chicken, or even plant-based chicken substitutes would work beautifully here. Leftover rotisserie chicken is also a fantastic shortcut!

**Taco Seasoning:** If you don't have taco seasoning, a mix of chili powder, cumin, paprika, and garlic powder makes a great substitute.

**Cheese:** Monterey Jack, a Mexican blend, or even pepper jack would be excellent alternatives to cheddar.

**Veggies:** Feel free to get creative! Diced bell peppers, corn, black beans, or sliced avocado would all be delicious additions.

**Tortillas:** Larger tortillas are better for wrapping to contain all the fillings. You can also try whole wheat or low-carb tortillas.

Chipotle Ranch Dressing: You can buy this pre-made, or easily whip up your own by mixing regular ranch dressing with a bit of adobo sauce from a can of chipotle peppers (start with a small amount and add more to taste!).

Heat Level: Adjust the amount of taco seasoning and chipotle ranch to your preferred spice level.

## DIRECTIONS

1. Let's get these crispy wraps baking!
2. Prep the : Oven: Preheat your oven to 375°F (190°C).
3. Season the : Chicken: Season the boneless, skinless chicken breast generously with taco seasoning, salt, and pepper on both sides.
4. Cook the : Chicken: Heat the olive oil in a skillet (cast iron works great!) over medium-high heat. Place the seasoned chicken breast in the hot skillet and cook for 5-7 minutes per side, or until it's fully cooked through and golden brown.
5. Slice the : Chicken: Remove the cooked chicken from the skillet and let it rest on a cutting board for a few minutes. This helps keep it juicy. Once rested, slice the chicken into thin strips.
6. Assemble the : Wraps: Lay out your large flour tortillas on a clean work surface. Evenly divide the shredded cheddar cheese among the center of each tortilla.
7. Add the : Fillings: Top the cheese with the sliced chicken, then layer on the shredded lettuce, diced tomatoes, and diced red onion.
8. Drizzle the : Dressing: Generously drizzle chipotle ranch dressing over all the fillings.
9. Fold and : Roll: To create the wrap, fold in the two opposite sides of the tortilla towards the center, then tightly roll it up from the bottom, creating a secure package.
10. Bake for : Crispy Perfection: Place the rolled wraps seam-side down on a baking sheet. Bake in the preheated oven for 10-12 minutes, or until the tortillas are golden brown and wonderfully crispy.

11. **Serve and : Enjoy!** Carefully remove the wraps from the oven. Serve them immediately with extra chipotle ranch dressing on the side for dipping. Get ready for a delicious explosion of flavor and crunch!

## SWAPS & NOTES

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Leftover rotisserie chicken is also a fantastic shortcut!

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## TIPS FOR SUCCESS

**Don't Overcook Chicken:** Cook the chicken just until done to keep it juicy.

**Tight Roll:** A tightly rolled wrap will hold together better during baking and create a more uniform crisp.

**Cheese First:** Placing the cheese directly on the tortilla helps to "seal" the wrap and creates a delicious melted layer against the tortilla.

**Rest the Chicken:** Allowing the chicken to rest after cooking helps redistribute its juices, keeping it tender.

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

Original recipe: <https://chefmaniac.com/crispy-southwest-chicken-wraps-with-chipotle-ranch-your-new-weeknight-obsession/>