

Loaded Bacon Caesar Chicken Wraps: Your New Favorite Easy Meal

Loaded Bacon Caesar Chicken Wraps



OVEN
400°F

TIME
6-8 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 4 large flour tortillas
- 2 boneless, skinless chicken breasts
- 1 cup Caesar dressing (your favorite brand or homemade)
- 1 cup shredded romaine lettuce
- 1 cup diced tomatoes
- 1 cup crumbled bacon (pre-cooked or cook your own)
- 1 cup shredded Parmesan cheese
- Salt and pepper to taste
- Olive oil

DIRECTIONS

- 1. Prep the Chicken:** Preheat your oven to 400°F (200°C). Season the chicken breasts generously with salt and pepper. Heat a drizzle of olive oil in a skillet over medium heat. Cook the chicken for 6-8 minutes per side, or until fully cooked through and no longer pink in the center. Let the chicken cool slightly, then slice it into thin strips.
- 2. Assemble the Wraps:** Lay out your flour tortillas on a clean surface. Spread a generous amount of Caesar dressing evenly over each tortilla, leaving about an inch clear around the edges.
- 3. Load 'Em Up:** Divide the sliced chicken evenly among the tortillas, placing it slightly below the center. Top the chicken with the shredded romaine lettuce, diced tomatoes, crumbled bacon, and shredded Parmesan cheese. Don't overfill, or they'll be hard to roll!
- 4. Roll 'Em Tight:** Fold in the short sides of each tortilla (the ones parallel to your filling). Then, starting from the side closest to you, tightly roll up the tortilla, keeping the filling snug.
- 5. Bake to Perfection:** Place the rolled wraps seam-side down on a baking sheet. Bake in the preheated oven for about 10-12 minutes, or until the tortillas are golden brown and crispy, and the filling is heated through.
- 6. Serve and Enjoy:** Carefully remove the wraps from the oven. For easier eating, you can slice them in half on the diagonal. Serve hot and enjoy!

SWAPS & NOTES

Rotisserie chicken works wonderfully here and saves you a step!

You could also use leftover cooked chicken from another meal.

For a different protein, cooked shrimp or even a plant-based chicken substitute would be delicious.

Caesar Dressing: While a classic Caesar is fantastic, feel free to experiment.

TIPS FOR SUCCESS

Don't Overstuff: It's tempting to pack these wraps full, but overstuffing makes them difficult to roll and more likely to fall apart when baking.

Cook Bacon Crispy: For the best texture and flavor, make sure your bacon is nice and crispy before crumbling it.

Even Dressing Spread: Ensure the Caesar dressing is spread evenly to get that delicious flavor in every bite.

Tuck and Roll: When rolling, really tuck the filling in tightly as you go to create a compact, sturdy wrap.

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

Original recipe: <https://chefmaniac.com/loaded-bacon-caesar-chicken-wraps-your-new-favorite-easy-meal/>