

Creamy Chicken Avocado Ranch Burritos: Your New Favorite Wrap

Chicken Avocado Ranch Burritos



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10 min

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INGREDIENTS

2 cups cooked shredded chicken
1 avocado, diced
1/2 cup shredded cheddar cheese
1/4 cup Ranch dressing
4 large flour tortillas
1/4 cup corn kernels (optional)
1/4 cup chopped fresh cilantro (optional)
Salt and black pepper to taste

Swaps and Notes:

Chicken: A rotisserie chicken is a fantastic shortcut for this recipe. You can also use leftover grilled or baked chicken.

Avocado: Make sure your avocado is ripe but not overly soft. A firm but ripe avocado will hold its shape better in the burrito.

Cheese: Shredded cheddar cheese is a classic, but you can also use Monterey Jack, Pepper Jack, or a Mexican blend.

Ranch Dressing: Use your favorite brand of ranch dressing. A light ranch would work as well if you're watching calories.

Tortillas: Large flour tortillas are best for wrapping, but you can use corn tortillas for a gluten-free option.

Step-by-Step Instructions:

Prep the Chicken: In a medium bowl, combine the cooked shredded chicken, diced avocado, shredded cheddar cheese, and Ranch dressing.

Add Optional Ingredients: If you're using them, stir in the corn kernels and chopped fresh cilantro.

Season: Season the mixture with a pinch of salt and black pepper to taste. Mix everything together until it's well combined.

Warm the Tortillas: You can warm the tortillas by wrapping them in a damp paper towel and microwaving for about 30 seconds, or by heating them in a dry skillet for 15-20 seconds per side.

Assemble the Burritos: Lay a warm tortilla on a flat surface. Spoon about 1/4 of the chicken and avocado mixture into the center of the tortilla.

Roll the Burritos: Fold in the sides of the tortilla, then roll it tightly from the bottom up to create a burrito.

Serve: Serve the burritos immediately, or you can wrap them in foil for a meal on the go.

Tips for Success:

Use Cooked Chicken: This is a no-cook recipe, so having your chicken ready to go is the key to a fast meal.

Don't Overfill: Be careful not to add too much filling, as it can make it hard to roll the burrito tightly.

Warm the Tortillas: Warm tortillas are a must! They are softer, more pliable, and much easier to roll without tearing.

Embrace the Customization: This is a great "use what you have" recipe. Add some black beans, a little salsa, or some chopped bell peppers to the filling.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 450 kcal

Carbohydrates: 40g

Protein: 30g

Fat: 20g

Saturated Fat: 8g

Cholesterol: 70mg

DIRECTIONS

1. **Prep the : Chicken:** In a medium bowl, combine the cooked shredded chicken, diced avocado, shredded cheddar cheese, and Ranch dressing.
2. **Add : Optional Ingredients:** If you're using them, stir in the corn kernels and chopped fresh cilantro.
3. **Season:** Season the mixture with a pinch of salt and black pepper to taste. Mix everything together until it's well combined.
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5. **Assemble the : Burritos:** Lay a warm tortilla on a flat surface. Spoon about 1/4 of the chicken and avocado mixture into the center of the tortilla.
6. **Roll the : Burritos:** Fold in the sides of the tortilla, then roll it tightly from the bottom up to create a burrito.
7. **Serve:** Serve the burritos immediately, or you can wrap them in foil for a meal on the go.
8. **Tips for Success:** **Use Cooked Chicken:** This is a no-cook recipe, so having your chicken ready to go is the key to a fast meal.
9. **Don't : Overfill:** Be careful not to add too much filling, as it can make it hard to roll the burrito tightly.
10. **Warm the : Tortillas:** Warm tortillas are a must! They are softer, more pliable, and much easier to roll without tearing.
11. **Embrace the : Customization:** This is a great "use what you have" recipe. Add some black beans, a little

salsa, or some chopped bell peppers to the filling.

12. **Serving Suggestions and Pairings:** These burritos are a complete meal on their own, but you can serve them with a simple side salad, a bowl of tortilla chips and salsa, or even some crockpot nacho dip. For a drink pairing, a glass of water with a squeeze of lime would be perfect.
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15. **Protein:** 30g
16. **Fat:** 20g
17. **Saturated :** Fat: 8g
18. **Cholesterol:** 70mg
19. **Sodium:** 900mg
20. **Fiber:** 5g
21. **Sugar:** 4g
22. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. **Storage and Leftover Tips:** This dish is best served fresh, but you can store the filling in an airtight container in the refrigerator for up to 2 days. To prevent the avocado from browning, press a piece of plastic wrap directly onto the surface of the filling.
24. **More Recipes You'll Love:** If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
25. A light, tangy chicken salad I actually crave (and there's no mayo in sight)

SWAPS & NOTES

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

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