

## Quick Buffalo Chicken Wrap Recipe with Ranch or Blue Cheese

Buffalo Chicken Wraps - A Quick and Flavor-Packed Meal

**TIME**  
**20 min**

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### INGREDIENTS

Main Ingredients:

2 cups cooked chicken breast, shredded

1/2 cup buffalo wing sauce

4 large flour tortillas (10-inch)

Fresh Toppings:

1 cup shredded lettuce

1 cup shredded cheddar or mozzarella cheese

Optional Add-ins:

1/2 cup diced tomatoes

1/4 cup red onion, thinly sliced

Dressing and Extras:

Ranch or blue cheese dressing for drizzling

2 tablespoons butter, melted (optional)

### DIRECTIONS

1. **Heat the Chicken:** Heat a skillet over medium heat.
2. Add the shredded chicken and pour in the buffalo wing sauce.
3. If desired, add melted butter for extra richness.
4. Toss the chicken until it's evenly coated and heated through.
5. **Prepare the Tortillas:** Lay the flour tortillas flat on a clean work surface.
6. If desired, warm them slightly in a skillet or microwave to make them easier to roll.
7. **Add the Lettuce:** Place a layer of shredded lettuce down the center of each tortilla.
8. This creates a fresh, crunchy base for the wrap.
9. **Add the Buffalo Chicken:** Divide the buffalo chicken evenly among the tortillas and place it on top of the lettuce.
10. **Add Cheese and Toppings:** Sprinkle shredded cheese over the chicken.
11. Add diced tomatoes and red onion if using.
12. **Drizzle Dressing:** Drizzle ranch or blue cheese dressing over the filling.
13. This adds a creamy element that balances the spicy buffalo sauce.
14. **Roll the Wraps:** Fold the sides of the tortilla inward, then roll tightly from the bottom up.
15. Slice in half if desired.
16. Serve warm or at room temperature.

### SWAPS & NOTES

You can easily customize these wraps based on your preferences.

Chicken options Rotisserie chicken works perfectly.

Grilled chicken adds a smoky flavor.

Fried chicken strips can make the wraps even more indulgent.

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

Original recipe: <https://chefmaniac.com/quick-buffalo-chicken-wrap-recipe-with-ranch-or-blue-cheese/>