

Easy Cheesy Garlic Chicken Wraps for Lunch or Dinner

2 large chicken breasts, cooked and shredded



OVEN
375°F

TIME
6 to 8 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 large chicken breasts, cooked and shredded
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup shredded cheddar cheese
- 2 tablespoons butter, melted
- 2 cloves garlic, minced
- 1 teaspoon garlic powder
- Salt and black pepper, to taste
- 4 large tortillas
- Fresh parsley, optional

DIRECTIONS

1. In a large bowl, combine the shredded chicken, mozzarella, cheddar, minced garlic, garlic powder, salt, and black pepper. Mix until everything is evenly distributed.
2. Lay the tortillas flat and divide the chicken mixture evenly among them, placing the filling in the center of each tortilla.
3. Roll each tortilla tightly into a wrap, folding in the sides as needed to keep the filling tucked inside.
4. In a small bowl, stir the melted butter until smooth. Brush the outside of each wrap with the melted butter.
5. To cook in a skillet, place the wraps seam-side down in a skillet over medium heat and cook for a few minutes on each side until golden and crisp.
6. To cook in an air fryer, place the wraps in the basket and cook at 375°F for 6 to 8 minutes, or until crisp outside and melty inside.
7. Slice the wraps in half, garnish with fresh parsley if desired, and serve warm.

SWAPS & NOTES

Rotisserie chicken works beautifully here if you want to save time.

It shreds easily and already has plenty of flavor, which makes these wraps even faster to throw together.

You can also use leftover grilled chicken or baked chicken if that is what you have on hand.

Mozzarella gives you that classic stretchy melt, while cheddar adds a little extra sharpness.

TIPS FOR SUCCESS

It is tempting to load them up with extra filling, but a moderate amount makes them easier to roll tightly and helps everything heat evenly.

A tightly rolled wrap also gets crispier on the outside and holds together better when sliced.

If you are using the skillet method, cook over medium rather than high heat.

That gives the tortilla enough time to turn golden while the cheese inside melts fully.

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

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