

- [Burger lettuce wraps](#)

## Meal prep tools

- I get all my free-range chicken breasts and bacon from [Butcher Box](#)



**Gain access to my FREE 5-day meal prep challenge + bonus resources when you sign up.**

LEARN HOW TO MEAL PREP BY SUBSCRIBING TO OUR NEWSLETTER!

SUBSCRIBE



## Chicken and Kale Caesar Wraps

These veggie-filled Chicken and Kale Caesar Wraps are the perfect on-the-go lunch and include a lighter vegetarian avocado caesar dressing!



5 from 2 votes



PRINT



PIN



RATE

Course: [Wrap](#)   Cuisine: [American](#)   Prep Time: 15 minutes  
Cook Time: 20 minutes   Total Time: 35 minutes   Servings: [4](#) wraps  
Calories: 400kcal

## Ingredients

### Caesar dressing (makes about 1 cup dressing)

- 1 cup light mayo
- 1/2 cup parmesan cheese
- 2 tbsp lemon juice
- 1 tbsp Worcestershire sauce
- 1 tbsp dijon mustard
- 1 tbsp capers
- 3 cloves garlic, minced
- 1/2 tsp each salt and pepper

### Wrap

- 4 multi-grain wraps
- 2 chicken breasts
- 4 slices turkey bacon
- 1 small red onion, sliced
- 2 cups kale

[Get ingredients](#)Powered by 

## Instructions

1. Add all caesar dressing ingredients to a blender, food processor or bowl with an immersion blender and blend until well combined.
2. Meanwhile, cook chicken in a large pot of boiling water for 15 min. Let cool and shred apart with two forks. At the same time, fry turkey bacon in pan on med-high heat for 5-7 min until well cooked.