

DORITOS® COOL RANCH® Crispy Chicken Wraps

Ingredients

Crispy Chicken:

- 2 snack-size bags (each 1 oz) DORITOS® COOL RANCH® Flavored Tortilla Chips
- 2 boneless skinless chicken breasts (each about 5 to 6 oz)
- 1 egg white
- 1 tbsp olive oil or cooking spray

Yogurt Ranch:

- 1/4 cup plain non-fat Greek yogurt
- 1 tsp freshly squeezed lemon juice
- 1 tsp chopped fresh dill
- 1 tsp chopped fresh chives
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper

Wraps:

- 2 low-carb or regular tortillas (7 inches)
- 1 cup packed baby spinach or chopped romaine lettuce
- 1/2 tomato, thinly sliced
- 1/4 cup low-fat shredded cheddar cheese

How to make it

1. In food processor, pulse DORITOS® COOL RANCH® Flavored Tortilla Chips until finely ground. Transfer to shallow bowl.
2. Pat chicken dry with paper towel.
3. In another shallow bowl, whisk egg white.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 min	20 min	40 min	2

Made with



DORITOS® COOL RANCH® Flavored Tortilla Chips

4. Dip chicken in egg white, then in ground DORITOS® until well coated. Drizzle chicken with olive oil or spray with cooking spray.
5. Preheat air fryer to 400°F according to manufacturer's instructions.
6. Arrange breaded chicken in air-fryer basket.
7. Air-fry, flipping once halfway through the cook time, for 20 to 24 minutes or until golden brown, cooked through and instant-read thermometer registers 165°F when inserted into thickest part of chicken. Let rest for 5 minutes, then slice into strips.
8. Yogurt Ranch: Meanwhile, in medium bowl, stir together yogurt, 2 tbsp water, lemon juice, dill, chives, garlic powder, onion powder, salt and pepper.
9. Wraps: Top each tortilla with spinach, tomato, cheddar and chicken. Drizzle with yogurt ranch and roll up.