Lemon Roasted Chicken Salad Wrap

Serves 4

Ingredients

One 6-pound whole fryer chicken or skip this step and purchase a rotisserie chicken
Olive oil, for drizzling
Salt and freshly cracked black pepper
5 cloves garlic, smashed
5 sprigs fresh thyme
1 lemon, cut in quarters

Salad:
3/4 cup 2-percent Greek Yogurt
1/4 cup mayo
2 tablespoons Dijon mustard
1/2 cup toasted walnuts, chopped
1/4 cup dried cranberries, chopped
2 celery ribs, diced
1 small red onion, minced
2 lemons, zested and juiced
2 tablespoons chopped fresh tarragon
One 6-ounce can water chestnuts, drained and chopped
Salt and freshly cracked black pepper

Sandwich Build:
Four 12-inch whole wheat tortillas
1 pint broccoli sprouts
2 Roma tomatoes, sliced

For the chicken: Preheat the oven to 400 degrees F and adjust a rack to the middle position.

Place the chicken on a baking sheet lined with a wire rack, or in a roasting pan with a rack, and drizzle the chicken with olive oil. Generously sprinkle the chicken with salt and pepper. Pack the cavity with the garlic, thyme and lemons. Place the chicken breast-side down on the rack.

Roast the chicken for the first hour at 400 degrees F, and then turn up the heat to 450 degrees F and roast until the breast temperature registers 160 degrees F and the skin is a golden brown, for the last 30 to 45 minutes. Then set the chicken aside to rest and cool.

When easy to handle, remove the legs, wings and any dark meat, reserving to eat for your next meal or to snack on immediately.

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Remove the skin from the breast meat. Using your hands, shred the breast meat and place in a bowl. Season the chicken with salt and pepper.

For the salad: Mix together the yogurt, mayo, mustard, walnuts, cranberries, celery, onions, lemon zest and juice, tarragon and water chestnuts and adjust the seasoning if necessary. Fold in the shredded chicken.

For the sandwich build: Layer the whole wheat wraps with some broccoli sprouts and tomato slices and then top with the chicken salad. Wrap and enjoy!

Credit: Jeff Mauro