

Chili-Lime Chicken Wraps Provided by Reynolds® Handi-Vac®



**Sponsored by Reynolds®
Handi-Vac®**

POINTS® Value: 5

Servings: 8

Level of Difficulty: Easy

Preparation Time: 10 Minutes

Cooking Time: 25 Minutes

Reduced-fat shredded cheddar cheese, salsa and low-fat sour cream pictured are not included in **POINTS®** value.

Chili-Lime Chicken Wraps

Ingredients

- 1 Reynolds® Handi-Vac® Vacuum Sealer
- 1 Reynolds® Handi-Vac® Vacuum Freezer Bag, Gallon size
- 2 1/2 lbs. chicken breast tenders, skinless, boneless
- 2 tablespoons chili-lime seasoning blend
- 1 medium green or red bell pepper, sliced
- 1 small onion, sliced
- 8 Whole wheat flour tortillas
- 2 cups curly lettuce
- Reduced-fat shredded cheddar cheese, salsa and low-fat sour cream (optional, not included in **POINTS®** value)

Instructions

- PLACE chicken in even layer in Reynolds Handi-Vac Gallon Vacuum Freezer Bag. Sprinkle with seasoning blend, coating both sides of chicken.
- ARRANGE seasoned chicken tenders in bag with chicken touching textured layer inside bag.
- VACUUM chicken with Vacuum Sealer until bag tightens around food. FREEZE immediately. Before cooking, defrost completely in the refrigerator.
- PREHEAT oven to 450°F. Line a 13x9x2-inch baking pan with Reynolds Wrap Non-Stick Foil with non-stick (dull) side toward food. Place pepper and onion slices evenly in pan. Top with defrosted chicken tenders.
- BAKE 20 to 25 minutes or until chicken reaches 170°F. Serve chicken tenders in tortillas. Top with cheese, salsa and sour cream, if desired (not included in **POINTS®** value.) Yields 8 servings.