



## DESCRIPTION

Get ready to spice up your cooking! Host Carrie Shankweiler shows you how with this Buffalo Chicken Wrap recipe. It's sure to be a new lunch time favorite! This idea was sent in by an Activity TV viewer just like you!

## MATERIALS

- 2 boneless chicken breasts, thinly sliced
- 2 tbsp. butter or oil
- Salt & pepper to taste
- ½ cup shredded carrots
- ½ cup sliced celery
- 1 cup shredded lettuce
- Blue cheese dressing
- 3 tbsp. unsalted butter
- 2 tbsp. honey
- 1-2 tsp. Tabasco sauce.
- 1 garlic clove
- Whole wheat tortillas

## TOOLS

- Bowls
- Pan
- Small sauté pan
- Tongs
- Large-handled wooden spoon
- Knife

## DIRECTIONS

1. Tear up your lettuce into bite-sized pieces and place them in a bowl. Tear gently to prevent bruising.
2. With your stove at a medium-high setting, heat your oil up in a pan. Always have your adult helper assist you with using the stove.
3. Once the oil is hot, place the chicken in the pan using tongs to avoid splatter.
4. Use your spoon to push the chicken around in the pan as it cooks. Sprinkle your salt and pepper in for taste. Use your tongs to flip the chicken over, making sure both sides are cooked. Cook it until the chicken is no longer pink.
5. Turn the stove off and set the pan of chicken on the back burner to cool while you make your sauce.
6. Turn the stove back on at the medium setting. In a small sauté pan, heat your butter, garlic, honey, and Tabasco sauce. Stir everything around slowly with your spoon. Heat it until it bubbles and turn the stove off. Let the sauce cool.
7. Now you're ready to wrap! Take a tortilla and place some lettuce in the center.
8. Add some chicken over the lettuce, followed by some carrots and celery. Be careful not to use too much or else you won't be able to close the wrap.

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# COOKING

## BUFFALO CHICKEN WRAP

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9. Pour your buffalo sauce over top of everything, followed by blue cheese dressing.
10. Gently fold the sides of your tortilla into the center and roll everything up into a wrap.
11. Slice your wrap in half and enjoy!

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