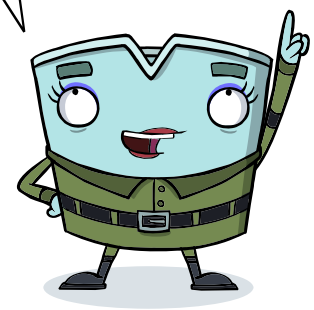
SHOPPING LIST

Chicken Caesar Wrap

- ◯ Fresh Lemon Juice
- ◯ Kosher Salt
- ◯ Garlic
- ◯ Anchovy
- ◯ Dijon Mustard
- ◯ Black Pepper
- ◯ Worcestershire Sauce
- ◯ Extra-Virgin Olive Oil
- ◯ Parmesan Cheese

First, check off the items you already have at home.



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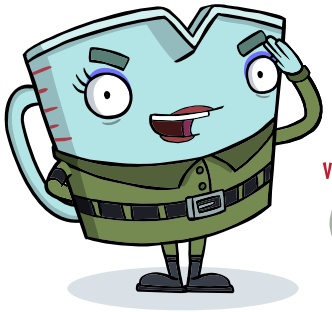
Corporal Cup presents

LUNCH

PBS KIDS GO!

FIZZY'S LUNCH LAB

Chicken Caesar Wrap



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
NO	Under 30 min.	Medium	

YOU WILL NEED

TO MAKE THE DRESSING

- ⅓ **cup** lemon juice (about 2 lemons)
- **1 teaspoon** kosher salt
- **1** garlic clove, minced
- **1** anchovy filet, rinsed, dried, and finely chopped (optional)
- **½ teaspoon** Dijon mustard
- **½ teaspoon** black pepper
- **¼ teaspoon** Worcestershire sauce
- **¾ cup** extra-virgin olive oil
- **¼ cup** finely grated Parmesan cheese

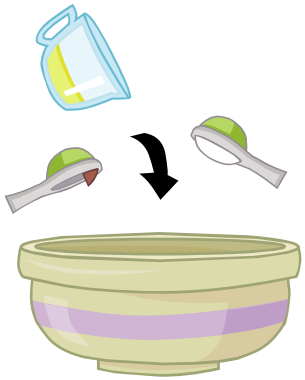
TO MAKE THE SALAD

- **½ lb** grilled boneless, skinless chicken breast cooled and shredded
- ½ head romaine lettuce, chopped
- **2 tablespoons** grated Parmesan cheese
- **2 tablespoons** dressing
- **4** whole wheat wraps x 4

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

A blender or food processor may also be used to make the dressing. The dressing may be used immediately or refrigerated up to one month. If it solidifies and/ or the oil separates from the lemon juice, leave it out at room temperature for a few minutes and then shake well before using.



STEP 1: For the dressing: Whisk the lemon juice, salt, garlic, anchovy, mustard, pepper, and Worcestershire sauce together in a medium bowl until incorporated. Slowly drizzle in the oil, whisking constantly, until it turns a light cloudy yellow and is emulsified. Whisk in the Parmesan cheese.

STEP 2: For the salad: Toss the chicken, lettuce, Parmesan, and dressing together in a large bowl. Lay each wrap on a clean work surface, and top each with ¼ of the salad. Roll into a cylinder and serve immediately.

Nutrition Facts

Serving Size 1 Wrap (238g)
Servings Per Container

Amount Per Serving		% Daily Value*
Calories 450	Calories from Fat 110	
Total Fat 12g		18%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 1090mg		45%
Total Carbohydrate 56g		19%
Dietary Fiber 9g		36%
Sugars 3g		
Protein 31g		
Vitamin A 30%	• Vitamin C 25%	
Calcium 20%	• Iron 25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4