



Buffalo Chicken and Rice Wraps

Oscar · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

4

Description

These chicken and rice wraps combine precooked shredded chicken Bens Original Ready Rice Whole Grain Brown and basic pantry ingredients to create an easy healthy and kidfriendly meal that even the pickiest of eaters will love This recipe was inspired by my 8yearold sons love for all things Buffalo The wraps can be served cold room temperature or warm

Ingredients

- - 1 (8.8 ounce) pouch UNCLE BEN'S® Ready Rice® Whole Grain Brown - 2 tablespoons water
- or as needed - 1 cup shredded cooked chicken breast - $\frac{1}{4}$ cup Buffalo-style hot pepper sauce (such as Frank's® Red Hot®) - 4 (8 inch) whole-wheat tortillas - $\frac{1}{2}$ cup shredded Cheddar cheese - $\frac{1}{2}$ cup shredded lettuce - 1 cup baby carrots - 1 cup celery sticks - 1 cup reduced fat ranch dressing

Instructions

1. Gently squeeze the sides of rice pouch to break apart rice. Pour rice and water into a skillet over medium heat. Cook and stir until rice is heated through and water is absorbed
2. about 2 minutes. Set aside. Combine shredded chicken and buffalo sauce in a bowl; stir well and set aside. Place a tortilla on a microwave-safe plate covered with a damp paper towel. Cook on high until warm and pliable
3. 20 to 30 seconds. Repeat this step with remaining tortillas. Evenly divide rice among tortillas and spread to within 1/2 inch of the edges. Evenly divide chicken mixture over rice. Sprinkle with cheese
4. then top with lettuce. Fold in the sides of each tortilla and roll up tightly. Cut each wrap in half
5. diagonally. Serve each wrap with carrots
6. celery
7. and about 1/4 cup ranch dressing for dipping. Cook's Note If your kids are sensitive to spicy foods
8. use barbeque sauce instead. I promise
9. it's equally delicious. These wraps can be made ahead and stored in the refrigerator.