



PennState Behrend

Behrend's Homemade Chicken Wraps

Ingredients:

- 1 ¼ lbs. boneless, skinless chicken breasts
- Flour
- Buttermilk or regular milk with lemon in it
- 5 12" Tortilla shells
- 10 oz. Cheddar cheese
- 5 oz. Lettuce
- 10 Tomato Slices
- Your Choice of condiments

Makes five wraps



Butter Milk Fried Chicken

- 1 ¼ pounds boneless, skinless chicken breasts, cut into strips
- ¾ cups flour
- 1 pinch cayenne
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 cup buttermilk (or make our own add a little lemon juice)

Step 1. Mix all the dry ingredients together and place into a bowl. Place the buttermilk into another bowl and we are set to start the breading process. We are going to go flour, milk, flour for our breading procedure and let rest while our oil heats up.

Step 2. Heat oil up to 350 degrees Fahrenheit and fry chicken breast until golden brown and internal temperature reaches 165 degrees Fahrenheit

Step 3. Place chicken on paper towels for excess grease to run off.

Making the Wraps:

- Heat up a large skillet pan on medium heat and place the tortilla in the pan.
- Add cheddar cheese in the center of the tortilla and place 4 oz. of chicken tenders on top.
- After cheese as melted remove the tortilla from the pan and top with lettuce, tomato and choice of toppings. Fold in the edges and roll up the tortilla and serve.