

Foodnity Recipes

BBQ Chicken Coleslaw Wraps – Picnic Perfection

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken thighs, boneless and skinless, diced
- [ ] 1/2 cup BBQ sauce (store-bought or homemade)
- [ ] 4 large whole-wheat tortillas
- [ ] 2 cups shredded cabbage mix (green & purple)
- [ ] 1/2 cup shredded carrots
- [ ] 1/4 cup fresh cilantro, chopped

Coleslaw Dressing

- [ ] 1/3 cup mayonnaise
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] 1/2 tsp dijon mustard
- [ ] Salt and pepper to taste

Instructions

1. In a bowl, toss the diced chicken with the BBQ sauce; let it sit while you prep the slaw.
2. Heat a skillet over medium-high heat, add the chicken, and cook 5-7 minutes until caramelized and cooked through.
3. Meanwhile, whisk together mayonnaise, lemon juice, honey, dijon, salt, and pepper; combine with shredded cabbage and carrots, then fold in cilantro.
4. Warm each tortilla briefly in the pan, place a scoop of chicken in the center, top with a generous spoonful of coleslaw, roll tightly, and slice diagonally.
5. Serve immediately, or wrap in parchment for a portable picnic snack.

Nutrition per serving

420 kcal	28 g	34 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, stir a pinch of cayenne into the BBQ sauce.
- For extra crunch, add sliced almonds to the coleslaw.
- Avoid over-mixing the slaw; you want each strand of cabbage to stay distinct.