Chicken Lunch Ideas Recipes

Chicken Lunch Ideas Recipes uses cooked chicken breast and the no cook assembly method. Keep chicken chilled until assembly. Dry vegetables well to prevent soggy wraps.



PREP	COOK	ADDITIONAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**0 min**	**4**	**Easy**

Ingredients

- 2 cups (280 g) cooked chicken breast, sliced
- 4 whole-wheat wraps (240 g)
- 1 cup (150 g) diced cucumber
- 1 cup (150 g) diced tomato
- 1 cup (50 g) shredded lettuce
- 1/2 cup (120 g) plain yogurt
- 1 tbsp (15 ml) lemon juice
- 1 garlic clove (3 g), minced
- 1/4 tsp salt

Ingredient Notes

Keep chicken chilled until assembly. Dry vegetables well to prevent soggy wraps.

Instructions

1. Mix yogurt, lemon, garlic and salt to make the dressing.
2. Warm wraps briefly in a dry skillet if desired. Arrange lettuce, cucumber and tomato down the center.
3. Add the cooked chicken and dressing, fold in the sides and roll tightly.
4. Serve immediately or wrap and refrigerate promptly.

Temperature & Doneness

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Key Tips

- Keep chicken chilled until assembly. Dry vegetables well to prevent soggy wraps.
- Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Common Mistakes

- Skipping the thermometer check.
- Crowding the cooking surface.
- Changing the chicken cut without adjusting the cooking time.

Variations

- Hummus: replace yogurt dressing with hummus.
- Crunch: add shredded carrot.
- Spicy: stir chilli sauce into the dressing.

Serving

Serve as a packed lunch with fruit.

Storage & Reheating

Storage: Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freezing: Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheating: Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

FAQs

Which chicken cut should I use? Use cooked chicken breast as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.

Food-safety reference: FoodSafety.gov — Safe minimum internal temperatures —

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

Food-safety reference: FoodSafety.gov — Cold food storage chart — https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts