

BBQ CHICKEN ROLL-UP

The following recipe serves one. Double, triple or quadruple as needed.

INGREDIENTS:

- barbecue sauce
 - shredded or cubed cooked chicken
 - burrito-size flour tortilla
 - shredded mozzarella cheese
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DIRECTIONS:

Spread barbecue sauce on a burrito-size flour tortilla. Top with shredded or cubed cooked chicken and shredded mozzarella cheese.

Roll up and microwave on HIGH for 1 minute, until the cheese melts.

