



# Chicken Caesar Wraps

**TOTAL TIME:** Prep/Total Time: 15 min.

**YIELD:** 6 wraps.

*This classic handheld with tender chicken, Parmesan cheese and chopped Caesar croutons features the perfect amount of dressing for a tasty meal any night.*  
Nancy Pratt - Longview, TX

## Ingredients

3/4 cup reduced-fat creamy Caesar salad dressing

1/4 cup grated Parmesan cheese

1/2 teaspoon garlic powder

1/4 teaspoon pepper

3 cups cubed cooked chicken breast

2 cups torn romaine

3/4 cup Caesar salad croutons, coarsely chopped

6 whole wheat tortillas (8 inches), room temperature

## Directions

1. In a large bowl, combine the dressing, cheese, garlic powder and pepper. Add the chicken, romaine and croutons. Spoon 2/3 cup chicken mixture down the center of each tortilla; roll up.

## Nutrition Facts

1 wrap: 337 calories, 12g fat (2g saturated fat), 57mg cholesterol, 730mg sodium, 29g carbohydrate (2g sugars, 4g fiber), 27g protein. **Diabetic Exchanges:** 3 lean meat, 2-1/2 starch, 1/2 fat.

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## Halloween Pizza Skulls 🍷

### Ingredients:

1 can refrigerated pizza dough

1/2 cup pizza sauce

1 cup shredded mozzarella cheese

1/2 cup pepperoni slices, chopped

1/4 cup black olives, sliced

1/4 cup green bell pepper, diced

1/4 cup red onion, finely chopped

Cooking spray

1/2 teaspoon dried oregano

1/2 teaspoon garlic powder

### Instructions:

#### Preheat the Oven for Perfect Results

Preheat your oven to 375°F (190°C). Lightly spray your skull-shaped mold with cooking spray to prevent sticking.

#### Prepare the Dough

On a lightly floured surface, unroll the pizza dough and cut it into pieces large enough to cover each skull mold cavity.

#### Assemble the Pizza Skulls

Press the dough into each cavity of your skull mold, ensuring there's some overhang for sealing. Spoon in 1 tablespoon of pizza sauce, then add mozzarella cheese, chopped pepperoni, black olives, green bell peppers, and red onion. Top with more cheese.

#### Seal and Bake

Fold the extra dough over the fillings to seal each skull. Press down lightly to ensure the dough sticks. Brush the tops with olive oil, then sprinkle with dried oregano and garlic powder. Bake for 20-25 minutes or until golden brown.

#### Cool and Serve

Let the pizza skulls cool in the mold for about 5 minutes after baking. Carefully remove them and serve warm.

Prep Time: 15 mins | Total Time: 40 mins | Servings: 6

# HAWAIIAN BANANA BREAD

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 [thesouthernladycooks.com/2018/02/19/hawaiian-banana-bread-2/](https://thesouthernladycooks.com/2018/02/19/hawaiian-banana-bread-2/)

The Southern Lady

February 19, 2018

Hawaiian banana bread is so good and so easy to make. I love this bread in the mornings with my coffee. The pineapple just adds something making this bread extra special. Children and adults will love this Hawaiian banana bread. This is a wonderful bread to give as a gift to a neighbor or friend or take it to someone who is ill or not able to get out of the house. You could double this recipe. It keeps for several days in a cool place. Make it for any gathering as a delicious treat your guests will love. You might also like [my recipe for best banana bread ever](#).

2 cups all-purpose flour

1/2 teaspoon salt

1 teaspoon baking soda

1 teaspoon ground cinnamon

2 eggs

3/4 cup white granulated sugar

1 stick butter or 1/2 cup or 8 tablespoons, softened

2 ripe bananas, mashed

1 (8 ounce) can crushed pineapple in juice, undrained

1 teaspoon vanilla extract

1 cup chopped nuts, pecans or walnuts

Whisk together the flour, salt, baking soda and cinnamon. Set aside. Cream the eggs, sugar, butter using a mixer. Add bananas, crushed pineapple and vanilla extract and continue mixing. Combine with flour mixture and mix all together with mixer. Fold in nuts with spoon. Spray a 9 x 5 loaf pan with cooking spray. Add your batter to the pan and bake in preheated 350 degree oven for 60 to 65 minutes until middle tests done. Remove from oven and let cool for 10 minutes before removing from pan. Can drizzle with my recipe for basic powdered sugar glaze. Makes 1 loaf. Enjoy!

Note: You could add 1/2 cup coconut to this recipe.

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# Italian Pinwheels

Italian Pinwheels are a cinch to throw together and are always a crowd favorite! A delicious, easy appetizer for any occasion.

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Prep Time

5 mins

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Course: Appetizer   Cuisine: Italian   Keyword: Italian Pinwheels

Servings: 5   Calories: 469kcal   Author: Lisa Longley



5 from 1 vote

## Ingredients

- 1/2 cup pepperonis chopped
- 1 cup shredded mozzarella
- 1 TBSP pepperonis juice
- 8 oz cream cheese room temperature
- 1 TBSP Italian dressing mix
- 5 large tortilla shells
- 20 pieces of salami

## Instructions

1. In a large bowl, using a handheld mixer, combine the cream cheese, mozzarella, chopped pepperonis, pepperoni juice, and Italian dressing mix. Mix until fully combined.
2. Divide the cream cheese mixture evenly amongst the tortilla shells. Add four slices of salami to each tortilla shell. Roll up and cut into even pieces.
3. Serve or store in an airtight container for up to two days.

## Nutrition

Serving: 1 wrapped tortilla | Calories: 469kcal | Carbohydrates: 22g | Protein: 18g | Fat: 34g | Saturated Fat: 16g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 1g | Cholesterol: 92mg | Sodium: 1334mg | Potassium: 60mg | Fiber: 1g | Sugar: 4g