



## Crispy, Cheesy & Satisfying: Air Fryer Chicken Ham and Cheese Wraps

### Description

There are days when I crave something more than a salad or a cold sandwich â?? something warm, melty, and comforting. One chilly afternoon, while staring into the fridge for inspiration, I spotted leftover tortillas, a few slices of Chicken ham, some Swiss cheese, and the ever-reliable Dijon mustard. Suddenly, the light bulb went off: **â??What if I made a hot wrapâ? but in the air fryer?â?•**

The result? Absolute magic.

The tortilla turned golden and crisp, the cheese melted into gooey perfection, and the ham brought that savory, smoky bite that made each mouthful better than the last. It was like having a gourmet deli wrap â?? warm, buttery, with just the right amount of tang from the mustard â?? and it was ready in less than 10 minutes.

Since that day, these **Air Fryer Chicken Ham and Cheese Wraps** have become a go-to for everything from lazy weekend lunches to post-workout protein snacks and even casual weeknight dinners when I just donâ??t want to cook a full meal. And the best part? The air fryer makes them so easy, mess-free, and consistently delicious.

Whether youâ??re cooking for yourself, your family, or want something simple that feels fancy, this wrap hits all the right notes â?? crispy on the outside, cheesy on the inside, and packed with protein. Letâ??s make your new favorite quick meal.

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### Ingredients

Hereâ??s everything you need to create these hot and crispy wraps at home. Most of these are pantry or fridge staples, making it an effortless meal idea.

- **4 (8-inch) tortillas** â?? Flour tortillas work best for wrapping and crisping.

- **8 slices Black Forest Chicken ham** â?? You can use any deli-style chicken ham, but Black Forest adds a smoky depth.
- **2 tablespoons mayonnaise** â?? Creamy and helps bind the filling.
- **4 teaspoons Dijon mustard** â?? Adds a sharp, tangy kick.
- **1 tablespoon butter, melted** â?? For brushing the wraps before air frying (helps them turn golden).
- **4 slices Swiss cheese** â?? Melts beautifully and pairs well with chicken ham.

#### Optional Add-Ins (to customize your wraps):

- Sliced pickles
- Baby spinach
- Thin tomato slices
- Shredded mozzarella or cheddar instead of Swiss
- A dash of hot sauce or crushed red pepper flakes for extra heat

## Step-by-Step Instructions

This recipe is incredibly easy and requires minimal prep. Hereâ??s how to make the perfect hot chicken ham and cheese wraps using your air fryer.

### Step 1: Warm the Tortillas

Start by **warming your tortillas** to make them more pliable and easier to roll without tearing. Place the tortillas on a microwave-safe plate, cover them with a **slightly damp paper towel**, and microwave for **20â??30 seconds**. This softens them enough to roll smoothly.

### Step 2: Preheat the Air Fryer

While you prep the wraps, **preheat your air fryer to 380Â°F (190Â°C)**. Set the timer for **5 minutes**. Preheating ensures the wraps cook evenly and get crispy on the outside without drying out.

### Step 3: Spread the Condiments

Lay each tortilla flat and **spread a thin layer of mayonnaise and Dijon mustard** on the surface. Use the back of a spoon to evenly distribute the condiments. The mayo adds richness and helps the cheese melt, while the Dijon adds a tangy depth that balances the savory flavors.

### Step 4: Layer the Fillings

On each tortilla, place:

- **2 slices of Chicken ham**
- **1 slice of Swiss cheese**

Keep the fillings centered so they donâ??t leak out during cooking.

Want to get fancy? You can add a few **spinach leaves** or **thin tomato slices** here â?? just donâ??t overfill or the wrap wonâ??t seal properly.

## Step 5: Roll the Wraps

Roll each tortilla **like a burrito**: fold the left and right sides toward the center, then start rolling from the bottom up, keeping it tight. The key is to **seal the edges well**, so nothing spills out while cooking.

## Step 6: Brush with Butter

Use a pastry brush (or your fingers) to **brush the tops of the wraps with melted butter**. This helps the tortilla crisp up beautifully in the air fryer, giving it a golden, buttery finish.

## Step 7: Air Fry the Wraps

Place the wraps **seam side down** in the air fryer basket. Try not to overcrowd the basket â?? cook in batches if needed.

Air fry at **380Â°F for 5 minutes**, flipping halfway through to ensure even browning on all sides. Youâ??ll know theyâ??re done when theyâ??re **golden brown and crispy** on the outside, with the cheese melted perfectly inside.

## Step 8: Rest, Slice & Serve

Carefully remove the wraps from the air fryer and let them **rest for 1â??2 minutes**. This allows the cheese to settle slightly and keeps your fingers from getting burned!

Use a sharp knife to **cut each wrap in half**, either straight across or diagonally for a fancier presentation.

Serve hot â?? they pair wonderfully with:

- A bowl of warm soup (tomato or creamy potato!)
- A side salad
- Ketchup, aioli, or extra Dijon for dipping
- Pickles or coleslaw for crunch

## Why Youâ??ll Love This Recipe

- **Ready in 10 minutes**
- **High in protein**
- **Great for lunch, dinner, or meal prep**
- **Kid-friendly & adult-approved**
- **Customizable with endless filling options**
- **Perfect balance of crispy, cheesy, and savory**

## Air Fryer Tips for Best Results

- **Don't overcrowd the basket:** Leave space between wraps so air circulates and crisps each wrap evenly.
- **Flip halfway through:** Helps ensure even browning on both sides.
- **Use toothpicks (if needed):** If your wrap wants to open while cooking, secure it with a toothpick (just remember to remove before serving!).
- **Customize:** Try different cheeses, meats, or condiments for endless flavor combinations.
- **Meal prep tip:** Assemble wraps ahead of time, store in the fridge (uncooked), and air fry when ready to eat.

## Nutrition Info (Per Wrap)

Here's an estimated nutritional breakdown for **1 wrap** (based on ingredients used):

- **Calories:** 310
- **Protein:** 17g
- **Carbohydrates:** 20g
- **Fat:** 18g
- **Saturated Fat:** 7g
- **Cholesterol:** 45mg
- **Fiber:** 1g
- **Sodium:** 730mg
- **Sugar:** 2g

*Note: Nutrition will vary depending on tortilla brand, meat type, and any optional ingredients added.*

## Make It Yours: Wrap Variations to Try

### Spicy Jalapeño Wraps

Add sliced jalapeños or pepper jack cheese for a bold, spicy kick.

### Turkey Club Wraps

Swap Chicken ham for turkey slices, add cooked bacon and tomatoes.

### Veggie Delight Wrap

Skip the meat, load with sautéed mushrooms, spinach, and cheese.

### Breakfast Wraps

Add scrambled eggs and hash browns inside for a morning version.

## Storage & Reheating Tips

### To Store:

Wrap leftovers in foil or place in an airtight container. Store in the refrigerator for **up to 3 days**.

### To Reheat:

- Reheat in the air fryer at **350°F for 3-4 minutes**.
- Avoid the microwave as it softens the wrap and makes it soggy.

### To Freeze:

Wrap tightly in foil and freeze for up to **2 months**. Reheat directly from frozen in the air fryer at **350°F for 8-10 minutes**.

## Final Thoughts: Quick, Crispy, and So Satisfying

This **Air Fryer Chicken Ham and Cheese Wrap** is more than just a recipe – it's a reminder that even the simplest ingredients can come together to create something truly delicious. Whether you're a busy parent, a college student, or someone who just loves a good crispy-cheesy snack, this wrap checks all the boxes: quick, easy, filling, and full of flavor.

Once you try it, don't be surprised if it becomes part of your weekly rotation. And the best part? The air fryer does all the hard work – you just get to enjoy the results.

### Category

1. Air Fryer Recipes

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