



AVOCADO CHICKEN SALAD LETTUCE WRAPS

Avocado Chicken Salad Lettuce Wraps

These wraps are not only quick to make but also packed with healthy fats and protein. Perfect for a nutritious lunch or snack!

Ingredients

2 cooked **chicken breasts**,
shredded (or rotisserie chicken)
1 **ripe avocado**, mashed
1/4 cup plain Greek yogurt or
mayo
1 tablespoon **lime juice**
1/4 cup **red onion**, finely chopped
Salt and pepper, to taste
Romaine or butter lettuce leaves

Directions

1. In a bowl, combine the shredded chicken, mashed avocado, Greek yogurt (or mayo), lime juice, and red onion.
2. Mix everything together until well combined. Season with salt and pepper to taste.
3. Gently separate the lettuce leaves and place a scoop of the chicken salad onto each leaf.
4. Fold or roll the lettuce wrap, and enjoy a fresh, light, and delicious meal!



*Recipe adapted
from Hannah Colby, RD*