

Avocado Chicken Salad Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast (*cooked and shredded*)
- 0.5 onion (small) [74 g] Red Onions
- 1 clove [3 g] Garlic
- 0.5 cup [30 g] Parsley
- 1 medium Lemon
- 2 avocado [272 g] Avocado
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 6 leaf [120 g] Romaine Lettuce
- 2 - Apples

DIRECTIONS

1. Chop the red onions, garlic, and parsley and place them in a large mixing bowl.
2. Squeeze the juice of the lemon into the mixing bowl.
3. Scoop the two avocados into the bowl and mash them to your desired texture.
4. Chop the cooked chicken breast into small pieces.
5. Add the chicken to the mixing bowl of ingredients.
6. Mix everything together until combined evenly.
7. Season with salt and pepper to your preference.
8. Scoop the avocado chicken salad evenly into the lettuce cups.
9. Top with parsley (optional).
10. Serve cold with a red apple.

NUTRITION INFO

Calories : 500.75

Fat : 24.24 g

Carbs : 43.96 g

Protein : 31.19 g

Fiber : 16.48 g