

Chicken Salad Lettuce Wraps

Ingredients

- 1 ripe avocado, peeled and pitted
- 1 small tomato, chopped
- 2 tablespoons plain yogurt
- 1 tablespoon Dijon or yellow mustard
- 1 tablespoon fresh lime juice
- 2 tablespoons minced fresh cilantro or parsley
- 2 tablespoons minced red onion
- 1/4 cup red or green pepper, chopped
- 1/2 teaspoon garlic powder
- 2 cups cooked chicken, cubed
- Salt and pepper to taste
- 8–10 butter lettuce leaves, 4 romaine leaves, 2 cups mixed greens, or whole wheat wraps

Instructions

1. In a medium bowl, mash avocado with yogurt, mustard and lime juice.
2. Stir in cilantro, onion, garlic powder and chicken cubes until just combined.
3. Season chicken salad with salt and pepper to taste.
4. Fill lettuce leaves with chicken salad and serve immediately. Alternatively, serve atop a bed of mixed greens or in a wrap. Enjoy!

View the recipe video on YouTube here: <https://www.youtube.com/watch?v=XhzcYHRBclo>