

CHICKEN-AVOCADO LETTUCE WRAPS

Serves 4 / Prep time: 10 minutes

Lettuce wraps are a spectacular method of enjoying sandwiches and toppings without adding undesirable carbs. The best lettuce to use is Boston, large red or green oak leaf, or romaine lettuce with the rib cut out. Cutting out the ribs allows you to roll the lettuce leaf without it cracking or ripping.

- 1/2 avocado, peeled and pitted
- 1/2 cup Creamy Mayonnaise
- 1 (6-ounce) cooked chicken breast, chopped
- Sea salt
- Freshly ground black pepper
- 8 large lettuce leaves
- 2 teaspoons chopped fresh thyme
- 1/4 cup chopped walnuts

1. In a medium bowl, mash the avocado with the mayonnaise, lemon juice, and thyme until well combined.

2. Stir in the chopped chicken and season the filling with salt and pepper.

3. Spoon the chicken salad into the lettuce leaves and top with the walnuts.

4. Serve 2 lettuce wraps per person.

PER SERVING Calories: 264; Fat: 20g; Protein: 12g; Carbs: 9g; Fiber: 3g; Net Carbs: 6g; Fat 70%/Protein 16%/Carbs 14%

KETO QUOTIENT
DAIRY FREE
GLUTEN FREE
UNDER 30 MINUTES

