



Chicken Avocado Lettuce Wraps

This is a super quick and easy recipe. Great for a light lunch or dinner!

Ingredients:

- 4 - 6 romaine lettuce leaves
- 1 medium avocado
- 1/2 of a lemon or lime (for juice)
- 1 cup cooked chicken, shredded or cubed
- Handful of grape tomatoes, halved
- 2 tbsp chopped onion
- 1/4 of a bell pepper, diced
- Salt, pepper, & garlic powder to taste

Instructions:

1. Cut avocado in half, remove pit, and scoop flesh into a small mixing bowl.
2. Using a fork, mash the avocado until nearly smooth.
3. Squeeze lemon or lime juice into bowl and mix to combine.
4. Sprinkle salt, pepper, and garlic powder (to taste) into avocado and mix completely.
5. Stir in chicken, tomatoes, onion and bell pepper until everything is evenly coated.
6. Scoop mixture into clean, dry romaine leaves and enjoy!

