



## Chicken Avocado Wraps (AIP)

**Active Time:** 5 minutes | **Total Time:** 10 minutes | **Serves:** 2

### Nutrition Information Per Serving

317.7 calories, 7.77 g carbohydrate, 3.62 g fiber, 4.15 g NET carbs, 23.53 g protein, 22.14 g fat

#### Ingredients

- 1 cup pastured chicken breast, cooked and shredded
- 1/2 cup(s) basil leaves, chopped
- 1 whole lemon, juiced
- 1/2 cup(s), cubes organic avocado
- 1/2 tsp(s) fresh dill
- 1/2 cup(s) chopped organic green onions
- 2 Tbsp(s) olive oil
- 6 leaf(s) organic butterhead lettuce

#### Preparation

1. Combine the chicken, avocado, vegetables and basil leaves in a mixing bowl.
2. In a smaller bowl, whisk the lemon juice and dill together. Adjust to taste.&nbsp;
3. Slowly add the olive oil, whisking until it emulsifies and becomes thick and creamy.
4. Pour the lemon-dill dressing over the chicken mixture and toss to mix.
5. Scoop the chicken mixture into lettuce leaves to serve.

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