



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.
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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