

Avocado Chicken Salad Lettuce Wraps: Light & Refreshing

Looking for a meal that's light, refreshing, and incredibly satisfying? These



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INGREDIENTS

2 cups cooked chicken, shredded (rotisserie chicken works great!)

... cup plain Greek Yogurt

... cup mayonnaise

3 Tablespoons onions, finely chopped

2 teaspoons lemon juice

Salt and freshly ground black pepper to taste

1 avocado, seeded, peeled, diced

Romaine hearts or bib lettuce, about 16 leaves (for serving)

Swaps and Notes:

Cooked Chicken: Rotisserie chicken is a fantastic shortcut for this recipe. You can also use boiled, baked, or grilled chicken breasts or thighs, shredded.

Plain Greek Yogurt: Greek yogurt adds a tangy creaminess and a boost of protein. You can adjust the ratio of yogurt to mayonnaise based on your preference for tanginess and richness.

Mayonnaise: Use your favorite brand. For a lighter salad, you can opt for light mayonnaise.

Onions: Finely chopped red onion or shallots can be used for a milder flavor. Green onions (scallions) would also work well for a fresher bite.

Lemon Juice: Freshly squeezed lemon juice is crucial for brightness and to help prevent the avocado from browning.

Avocado: Choose a ripe avocado that yields gently to pressure. Dice it just before mixing to minimize browning.

Lettuce Cups: Romaine hearts provide a good crunch and shape. Bibb lettuce (Boston or Butter lettuce) offers a softer, more pliable cup. Large endive leaves can also be used for a smaller, elegant bite.

Optional Additions: Finely diced celery for crunch, chopped fresh dill or cilantro, a pinch of garlic powder, or a dash of hot sauce for a kick.

DIRECTIONS

1. Let's get this fresh and flavorful : Avocado Chicken Salad assembled and ready for wrapping!
2. Combine : Chicken Salad Base: In a medium mixing bowl, add the shredded cooked chicken, plain Greek yogurt, mayonnaise, finely chopped onion, and lemon juice. Mix everything together well with a spoon or spatula until all ingredients are evenly combined and the chicken is thoroughly coated.
3. Season and : Add Avocado: Season the mixture generously with salt and freshly ground black pepper to taste. Give it a good stir. Now, gently fold in the diced avocado. Be gentle when mixing the avocado to keep some of its shape and prevent it from becoming overly mashed.
4. Prepare : Lettuce Cups: Separate the leaves of the romaine hearts or bibb lettuce. Wash them thoroughly under cold water and pat them completely dry with paper towels. You want them cold and crisp for the best wrap experience.
5. Serve: Spoon the freshly prepared Avocado Chicken Salad into the cold, crisp lettuce cups. Serve immediately and enjoy your light, refreshing, and delicious meal!

SWAPS & NOTES

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Plain Greek Yogurt: Greek yogurt adds a tangy creaminess and a boost of protein.

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TIPS FOR SUCCESS

Ripe Avocado, Added Last: Use a perfectly ripe avocado.

Dice it just before adding to the chicken mixture and gently fold it in to keep its texture and prevent browning.

Don't Overmix: Overmixing the chicken salad can make the chicken stringy and the avocado mushy.

Chill Ingredients: Using cold chicken and chilled lettuce creates a much more refreshing wrap, especially in warm weather.

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