

## BLTA Chicken Salad Lettuce Wraps - A Fresh, Low-Carb Lunch You'll Crave

BLTA Chicken Salad Lettuce Wraps - Fresh, Creamy & Packed with Flavor



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### INGREDIENTS

1/2 cup plain fat-free Greek yogurt  
1/2 cup mayonnaise (full fat recommended for richer flavor)  
2 tsp fresh lemon juice  
2 tbsp thinly sliced green onions  
1 Tbsp minced parsley  
Salt and freshly ground black pepper, to taste  
3 cups diced cooked and chilled chicken breast  
6 slices bacon, cooked and chopped  
1 1/2 cups grape tomatoes, halved  
1/2 cup diced celery  
1 medium avocado (fairly firm but ripe), diced  
Romaine lettuce leaves, for serving

### DIRECTIONS

1. **Make the Dressing:** In a medium mixing bowl, combine Greek yogurt, mayonnaise, lemon juice, green onions, and parsley. Season with salt and freshly ground black pepper to taste. Stir until smooth and creamy.
2. **Combine the Salad Base:** In a large bowl, add the diced chicken, chopped bacon, halved grape tomatoes, and diced celery. If you want a beautiful presentation, set aside a small portion of bacon and tomatoes for garnish.
3. **Toss with Dressing:** Pour the dressing over the chicken mixture and gently toss until everything is evenly coated.
4. **Fold in Avocado:** Carefully fold in the diced avocado, being gentle so it keeps its shape.
5. **Serve:** Spoon the salad into crisp romaine lettuce leaves for a refreshing wrap. Alternatively, serve between slices of bread for a hearty sandwich option.

### SWAPS & NOTES

Chicken: Rotisserie chicken works beautifully here and saves time.

Just be sure it's chilled before mixing.

Greek Yogurt: Adds protein and a tangy bite.

You can use full-fat yogurt for extra creaminess.

### TIPS FOR SUCCESS

Warm chicken can make the dressing runny.

Bacon adds salt, but always taste and adjust before serving.

