

## Creamy Avocado Chicken Salad Lettuce Wraps (Low-Carb & Fresh)

Avocado Chicken Salad Lettuce Wraps

**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

2 cups cooked chicken, shredded  
1/4 cup plain Greek yogurt  
1/4 cup mayonnaise  
3 tablespoons onion, finely chopped  
2 teaspoons lemon juice  
Salt and freshly ground black pepper, to taste  
1 avocado, seeded, peeled, and diced  
16 romaine or bib lettuce leaves

### DIRECTIONS

1. Mix the chicken salad. Add shredded chicken, Greek yogurt, mayonnaise, chopped onion, and lemon juice to a medium bowl. Stir until everything is well combined.
2. Season the mixture. Add salt and freshly ground black pepper to taste.
3. Fold in the avocado. Gently stir in the diced avocado to keep the pieces intact.
4. Assemble the wraps. Spoon the chicken salad mixture into chilled lettuce leaves.
5. Serve immediately. Enjoy the wraps fresh for the best texture and flavor.

### SWAPS & NOTES

**Chicken Options** Rotisserie chicken works perfectly for this recipe and saves time.

**Yogurt Substitute** You can use all Greek yogurt instead of mayonnaise for a lighter version.

**Avocado Tip** Add the avocado just before serving to keep it fresh and vibrant.

**Add Extra Crunch** Consider mixing in: Diced celery Chopped cucumber Sliced almonds These add texture and additional flavor.

### TIPS FOR SUCCESS

**Use crisp lettuce** Romaine or bib lettuce works best because the leaves hold their shape well.

**Shred the chicken finely** Smaller pieces mix better with the dressing and make the wraps easier to eat.

**Balance the dressing** Taste the mixture before serving and adjust lemon juice or seasoning as needed.

**Serve chilled** Cold lettuce and chilled chicken salad make the wraps extra refreshing.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-avocado-chicken-salad-lettuce-wraps-low-carb-fresh/>