

Creamy Avocado Chicken Salad Lettuce Wraps: A 10-Minute Low-Carb Lunch

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



TIME
20 min

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INGREDIENTS

Cooked Chicken: 2 cups, shredded or diced (Rotisserie chicken is perfect here).

Avocado: 1 large, ripe avocado, diced.

Greek Yogurt: 1/4 cup plain (adds tang and protein).

Mayonnaise: 1/4 cup (for that classic silky mouthfeel).

Red Onion: 3 tablespoons, finely chopped (provides a necessary sharp bite).

Lemon Juice: 2 teaspoons, fresh (helps prevent avocado browning and adds brightness).

Lettuce: 16 leaves of Romaine, Bib, or Butter lettuce (chilled).

Salt & Black Pepper: To taste.

Swaps and Notes:

The Binder: If you want to go entirely mayo-free, you can use 1/2 cup of Greek yogurt. To keep it creamy, just add a teaspoon of Dijon mustard.

Added Crunch: I love adding 1/4 cup of diced celery or toasted sliced almonds for an extra layer of texture.

Spicy Kick: A pinch of crushed red pepper flakes or a dash of hot sauce pairs beautifully with the cooling avocado.

The Wrap: If you aren't strictly low-carb, this filling is also incredible inside a 3-Ingredient Egg Wrap or toasted sourdough.

Step-by-Step Instructions:

1. Prep the Chicken:
2. Create the Creamy Base:
3. Mix it Up:
4. The Avocado Finish:
5. Assemble the Wraps:
6. Serve Immediately:

Tips for Success:

Dry the Lettuce: If your lettuce is wet, the wraps will be slippery and messy. Use a salad spinner or dry them thoroughly.

The Avocado Ripeness: You want an avocado that yields slightly to pressure but isn't mushy. If it's overripe, it will melt into the dressing.

Acid is Key: The lemon juice isn't just for flavor; it's an antioxidant that stops the avocado from oxidizing (turning brown). If you're prepping this an hour ahead, add an extra teaspoon of juice.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 310 kcal

Total Fat: 21g

Saturated Fat: 4g

Carbohydrates: 6g

Net Carbs: 3g

Protein: 25g

Fiber: 3g

Storage and Leftover Tips:

Fridge: The chicken salad (without the lettuce) will keep in an airtight container for up to 2 days.

DIRECTIONS

1. **Prep the Chicken:** If you're using a rotisserie chicken, shred the breast and thigh meat while it's still slightly warm (it shreds easier!), then chill it in the fridge for 20 minutes. Cold chicken makes for a much better salad texture.
2. **Create the Creamy Base:** In a medium mixing bowl, whisk together the Greek yogurt, mayonnaise, finely chopped onion, and lemon juice. This ensures the dressing is perfectly homogenous before you add the chunky ingredients.
3. **Mix it Up:** Fold the chilled shredded chicken into the dressing until every piece is well-coated. Season with salt and a generous amount of freshly ground black pepper. Taste it here-sometimes a little extra squeeze of lemon makes all the difference.
4. **The Avocado Finish:** Gently fold in the diced avocado. You want to be careful here; the goal is to have distinct chunks of avocado throughout the salad rather than mashing it into a green paste.
5. **Assemble the Wraps:** Wash your lettuce leaves and pat them completely dry with a paper towel. Spoon a generous amount of the chicken salad into each leaf.
6. **Serve Immediately:** The acidity in the lemon will keep the avocado green for a few hours, but for the most "premium" experience, serve these wraps immediately while the lettuce is at its peak crispness.
7. **Tips for Success:** **Dry the Lettuce:** If your lettuce is wet, the wraps will be slippery and messy. Use a salad spinner or dry them thoroughly.
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10. **Serving Suggestions and Pairings:** These wraps are a complete, light meal on their own. However, if you're looking for a midday snack to keep your energy up, they pair wonderfully with No-Bake Monster Cookie Energy Balls.
11. For a weekend brunch spread, serve these alongside a One-Pan Breakfast Bake or some Cottage Cheese Pancakes for a high-protein feast that won't leave you needing a nap.
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20. **The : Avocado Factor:** Because of the avocado, this dish doesn't freeze well.
21. **Meal : Prep:** Store the chicken mixture and the lettuce leaves in separate containers. Assemble right before you eat to prevent the "soggy leaf" syndrome.
22. **More Recipes You Will Love:** If you're on a mission to eat fresh and feel great, try these other favorites from chefmaniac.com:
23. **Light :** Tangy Chicken Salad (No Mayo) - A zesty alternative.
24. **3-Ingredient Egg Wraps** - The ultimate low-carb wrap base.
25. **One-:** Pan Breakfast Bake - Easy, hearty, and healthy.

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