

# Avocado Chicken Salad Lettuce Wraps

## Ingredients:

- 1 can reduced sodium chickpeas (garbanzo beans)
- 1 c shredded chicken
- 2 medium, ripe avocado
- 2 green onions, finely chopped
- 1 tbsp. lemon juice
- ¼ c feta cheese
- 4 lettuce leaves



## Directions:

1. Pour drained chickpeas into food processor or blender. Pulse until partially chopped.
2. Add the avocado and continue pulsing until smooth and a consistency to your liking. Spoon the mixture into a medium sized bowl to mix in the rest of the ingredients.
3. Add shredded chicken, green onions, feta cheese, and lemon juice. Stir until mixed. Add pepper to taste.
4. Divide salad mix into 5 servings and spoon each serving into a lettuce leaf.

### Nutrition

Serving size: 1 wrap (makes 5 wraps)	Calories: 240	Total Fat: 12g
Saturated Fat: 2g	Carbohydrates: 20g	Sodium: 250mg
Protein: 12g		