

Avocado Chicken Salad Lettuce Wraps

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Prep Time

10 mins

Total Time

10 mins

If you love chicken salad and avocados you will go crazy for these AVOCADO CHICKEN SALAD WRAPS! They make a healthy and delicious lunch that I can't get enough of.

Course: Main Course

Cuisine: American

Unit: cup, Tablespoon, teaspoon

Servings: 4 people

Calories: 287 kcal

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Ingredients

2 cups cooked chicken , shredded (I use rotisserie)

$\frac{1}{4}$ cup plain Greek Yogurt

$\frac{1}{4}$ 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

Instructions

Add chicken, yogurt, mayo, onion, and lemon juice to a bowl and mix well to combine.

Season with salt and pepper, to taste. Stir in avocado.

Serve in cold, crisp lettuce cups.