

Avocado Chicken Salad Wrap

Total time: 15 minutes

makes 2 servings: 1 8-inch wrap each

Ingredients:

- 1/2 avocado
- 1/3 cup plain non-fat Greek yogurt
- 5 ounces (1 can) canned chicken, drained and chunked
- 1/4 teaspoon garlic powder (optional)
- 1/8 cup finely diced red onion
- 1/4 teaspoon fresh lime juice (optional)
- 2 8-inch wheat tortillas



Instructions:



1. Scoop 1/2 avocado into a bowl and mash it with a fork. Stir in the Greek yogurt.
2. Fold the chicken into the avocado mixture. If desired, also add in the garlic powder.
3. After the chicken is folded in, add in the red onion and lime juice, if desired. Combine into the mixture.
4. Spread the mixture evenly onto the 2 tortillas.
5. Slice in each tortilla in half and serve. A serving is 1 tortilla with 1/2 of the avocado mixture.

Helpful Tip: Healthy sides to go with this recipe could be fruit and baked chips.

Nutrition:

Calories 370 kcal | Carbohydrates 31g | Protein 29g | Fat 14g | Saturated fat 3g | Sodium 670 mg