

Four Healthy Chicken Salad Lettuce Wraps

Yield: 8 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-tzatziki-recipe-greek-yogurt>

Ingredients:

- 1 cup roasted chicken chopped
- 3/4 cup cherry tomatoes quartered
- 1/4 cup shredded mozzarella cheese
- 1/4 cup pesto
- 8 leaves Boston lettuce or Bibb, for serving
- 1/4 cup greek yogurt
- 1/2 tablespoon wing sauce
- 3/4 teaspoon ranch salad dressing mix
- 1 cup roasted chicken chopped
- 3/4 cup chopped celery
- 1/4 cup crumbled blue cheese if desired, optional
- 8 leaves Boston lettuce or Bibb, for serving
- 1 cup roasted chicken chopped
- 1/2 cup cherry tomatoes quartered
- 1/2 cup cucumber chopped
- 1/4 cup sliced kalamata olives
- 1/4 cup tzatziki sauce
- 1/4 cup crumbled feta if desired, optional
- 8 leaves Boston lettuce or Bibb, for serving
- 1 cup roasted chicken chopped
- 1 Granny Smith apple peeled and finely chopped
- 1/3 cup dried cranberries
- 1/4 cup sliced almonds
- 1/3 cup greek yogurt
- 1 teaspoon apple cider vinegar
- kosher salt
- 8 leaves Boston lettuce or Bibb, for serving

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 180 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 4 grams
8. Sodium: 370 milligrams
9. Sugar: 6 grams

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