

Lettuce Wrap Chicken Salad

A fresh and light main dish featuring crisp lettuce leaves wrapped around a flavorful chicken salad. Perfect for a quick, healthy meal packed with protein and crunch.



Main Dish

15 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 large lettuce leaf (Romaine or Butterhead)
- 100g cooked chicken breast, shredded
- 1 tbsp Greek yogurt
- 1 tsp Dijon mustard
- 1 tbsp chopped celery
- 1 tbsp chopped red onion
- 1 tsp lemon juice
- Salt and pepper to taste
- 1 tsp olive oil
- Optional: 1 tbsp chopped walnuts or almonds

Steps

- 1 In a bowl, combine Greek yogurt, Dijon mustard, lemon juice, salt, and pepper to make the dressing.
- 2 Add shredded chicken, chopped celery, and red onion to the dressing. Mix well.
- 3 Drizzle olive oil over the lettuce leaf and place it on a plate.
- 4 Spoon the chicken salad mixture onto the center of the lettuce leaf.
- 5 Sprinkle chopped walnuts or almonds on top if using.
- 6 Carefully wrap the lettuce leaf around the filling to create a wrap.
- 7 Serve immediately as a light main dish.