

Lettuce Wrap Tacos

These fresh and zesty lettuce wrap tacos are a delightful twist on traditional tacos, using crisp lettuce leaves as a healthy, low-carb alternative. Perfect for a quick lunch or dinner, they are packed with flavor and nutrition!



Main Dish

15 min

Total time

easy

Difficulty

330

kcal / serving

Ingredients

- 1 large lettuce leaf (iceberg or romaine)
- 100g cooked chicken breast, shredded
- 1/4 cup diced tomatoes
- 1/4 avocado, sliced
- 2 tablespoons diced red onion
- 1 tablespoon chopped cilantro
- 1 teaspoon lime juice
- Salt and pepper to taste
- Optional: hot sauce for extra kick

Steps

- 1 Begin by washing the lettuce leaf thoroughly and patting it dry.
- 2 In a bowl, combine the shredded chicken, diced tomatoes, red onion, cilantro, lime juice, salt, and pepper. Mix well to incorporate all flavors.
- 3 Take the large lettuce leaf and spoon the chicken mixture into the center.
- 4 Top with avocado slices and a drizzle of hot sauce if desired.
- 5 Carefully fold the sides of the lettuce over the filling and enjoy your fresh taco wrap!