



Avocado

Chicken Salad Avocado Wrap

Ingredients:

Chicken breast
Greek yogurt
Parsley
Lemon
Avocado
Dill pickle (optional)
Whole-wheat wrap

Cooking Directions:

1. Combine **1 cup** cooked, shredded chicken breast, **2 tablespoons** plain Greek yogurt, **2 tablespoons** parsley, juice from **1** lemon, **1** mashed avocado, and **2 tablespoons** chopped Dill pickle (optional) into a large bowl.
2. Spread **1/4 cup** of chicken salad mix per wrap.

How to use:

- Roll tightly
- Slice in half