

## Almond Butter Chicken Salad Lettuce Wrap

submitted by Rachel\_C

Per serving: 457 Calories • 22.2g Carbs (4.8g Fiber) • 15.4g Fat • 57.5g Protein

### Ingredients

*Ingredients scaled to: 2 serving*

2 breast, bone and skin removed **Chicken breast** (472 grams)

1/2 medium (2-1/2" dia) **Onions** (55 grams)

1 medium (3" dia) **Apples** (182 grams)

1/4 cup **Grapes** (37.8 grams)

2 tbsp **Almond butter** (32 grams)

4 leaf, large **Lettuce** (60 grams)

### Directions

*Directions are based on the original recipe of 2 servings*

1. Bring a pot of water to boil. Add chicken breast and boil for 12-15 minutes, or until cooked through and no longer pink. Remove from water, drain, and season with salt and pepper. Chop into bite sized pieces and set aside.
2. Chop onion, apple, and grapes, mix together. Add the chicken and mix together.
3. Spoon that almond butter all over everything and mix
4. Carefully remove large lettuce leaves without breaking. Scoop spoonfulls of mixture into lettuce and roll. Serve.