

Fruited Chicken Lettuce Wraps

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Ingredients (makes about 6):

about 6 leaves of Red Leaf Lettuce

½ cup mayonnaise

3 TBSP apple cider vinegar

2 TBSP honey

dash of salt

12 oz cooked chicken

½ green onion

1 ripe kiwi

½ carrot

3 strawberries

Directions:

*Rinse and pat dry the lettuce leaves.

*Whisk together the mayonnaise, apple cider vinegar, honey and salt.

*Chop the chicken and green onion. Skin the kiwi and chop. Rinse, hull and chop the strawberries. Once you've peeled the outer layer from the carrot, peel as much of it as you can with a potato peeler.

*Add the chicken, green onion, kiwi, strawberries and carrot to the dressing.

*Divide the fruited chicken salad onto the center of the backs of the lettuce leaves. Pull just an inch of the bottom of each leaf over the filling. Holding that in place, roll the lettuce over the filling from one side to the other.

OPT: Remove the white bottom of the lettuce and just use the center of the leaf. Place about 2 – 3 TBSP of the chicken salad into the center of each leaf. Fold in the top and bottom of the leaves, then roll exactly like an eggroll, from one side around to the other, completely encasing the chicken salad in the lettuce.