



RECIPE OF THE MONTH

Chicken Shawarma Lettuce Wraps

INGREDIENTS

- 1 Trader Joe's Chicken Shawarma pack
- 8 Butter lettuce leaves
- ½ cucumber, diced
- ½ tomato, diced
- ½ red onion, sliced
- ¼ cup olives, chopped
- 1 oz feta cheese, crumbled
- 2 tbsp Bolthouse Farms Cilantro Avocado Yogurt Dressing

DIRECTIONS

- Wash all of the veggies, chop them & set them aside.
- Heat a pan on medium-high heat & sear the marinated chicken for 5-7 min. (Or air fry at 400F for 14-16 min)
- Slice the chicken once fully cooked and start assembling your lettuce wraps!
- Top with your favorite toppings: Bolthouse Farms Yogurt dressing and feta, cucumber, tomato, onion, olives, etc. Enjoy!



Nutrition Facts: Calories: ~200 ; Fat: ~8g; Protein: ~ 22g;
Total Carbs: ~ 6g; Net Carbs: ~ 5g

Recipe from Low Carb Love