

Chicken Salad Wraps

INGREDIENTS:

- 1 batch Ranch Dressing (see below)
- 2 cups diced cooked chicken chilled
- 1 red bell pepper, diced small
- 2 medium carrots, diced small
- ¼ medium red onion, minced
- 1 avocado, diced
- 2 scallions, chopped
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 6 to 12 leaves iceberg or butter lettuce

PROCESS:

- In a large bowl mix together all the ingredients except lettuce
- Wrap about ¼ to ⅓ cup of the chicken mixture in 1-2 lettuce leaves
- If you do not want a wrap just eat the chicken mixture or put it atop a salad

RANCH DRESSING:

1 cup mayonnaise (I like Primal Kitchen or Sir Kensington's)

½ cup full-fat coconut milk

2 T lemon juice

3 T minced fresh parsley

1 T dill

½ tsp garlic powder

Pinch of sea salt and black pepper

Whisk together all the ingredients in a small bowl until well combined

Store the dressing in a closed container in the refrigerator for up to 1 week

From: Julie Bauer's Paleo Cookbook

