

# Chicken Salad Lettuce Wraps

Inspired by delish.com

## Ingredients:

- 1/2 cup yogurt
- Juice of one lemon, or tablespoons juice
- 1 teaspoon Dijon mustard
- *Optional:* 2 teaspoons chopped dill, plus more for garnish
- Salt and pepper to taste
- 3 cups cooked or canned chicken
- 1 cup grapes, sliced or raisins
- 1/2 cup chopped and toasted or raw pecans, walnuts, or almonds
- 4 green onions ( white and green parts only) or 1/2 cup red onion, sliced
- 1 head iceberg, bibb, romaine or other leaf lettuce

## Method:

1. In a large bowl, mix together yogurt, lemon juice, mustard, optional dill, and season with salt and pepper.
2. Stir in chicken, fruit, nuts and onions.
3. Spoon chicken salad into lettuce leaves, garnish with optional dill, and serve. – Enjoy!

For more healthy recipes:

[www.hopelink.org/need-help/food/healthy-recipes](http://www.hopelink.org/need-help/food/healthy-recipes)

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Growing Connections to Fresh Food

