



## Rosemary Chicken Salad Wraps

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Total Time:** 25 minutes

**Servings:** 4

**Serving Size:** ¼ of recipe

### Ingredients:

1 ¼ pounds organic, free range chicken breast,  
sliced into ½ wide, 2-3 inch long strips  
1 tablespoon grapeseed oil  
3 scallions, diced  
1/3 cup mayonnaise made from cage free eggs  
1/3 cup raw walnuts, chopped  
1 ½ teaspoons fresh rosemary, chopped  
1 ½ teaspoons Dijon mustard  
¼ teaspoon salt  
¼ teaspoon black pepper  
8 butter or large leaf lettuce cups

### Directions:

1. Heat oil in a large skillet over medium-high heat. Once hot, add your chicken strips and cook for 8-10 minutes or until cooked through and lightly browned on all sides.
2. Remove chicken from heat when done and chop strips into small bite-sized pieces.
3. Add chopped chicken and remaining ingredients to a large bowl and mix well to combine.
4. Scoop about 1/3 cup chicken salad onto each of 8 lettuce cups and serve. Use more or fewer lettuce cups depending on the size of your leaves.

### Tips and Tricks:

This is an easy light meal that comes together in a flash. Great for a quick dinner or pack it to go for lunches and picnics.

### Nutritional Information Per Serving:

**Calories:** 215.4  
**Fat:** 9.2 g  
**Cholesterol:** 68.8 mg  
**Sodium:** 317.3 mg  
**Total Carbohydrate:** 1.8 g  
**Dietary Fiber:** 0.7 g  
**Sugars:** 0.7 g  
**Protein:** 33.1 g