



Turmeric Chicken Salad Lettuce Wraps

Prep Time: 10 minutes + chill time

Cook Time: 15 minutes

Total Time: 30 minutes + chill time

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

1 teaspoon coconut oil
1 ¼ pounds organic, free range chicken breast, chopped or shredded **
3 tablespoons organic mayonnaise made from cage free eggs & olive oil
½ teaspoon ground turmeric
½ teaspoon salt
½ teaspoon pepper
1 carrot, peeled and julienne sliced or minced
1 rib celery, minced
3 tablespoons fresh cilantro, minced
Juice of ½ a lime
1 cup organic cannellini or great white northern beans, rinsed
8 large organic leaf lettuce leaves (Romaine, Butter, Bibb, Boston, etc)

Directions:

1. Heat coconut oil in a large skillet over medium-high heat, swirl to coat then add the chicken breast.
2. Sprinkle chicken evenly with salt and pepper and allow to cook until done, about 5-7 minutes per side depending on the size of your chicken breasts. Adjust temperature as needed so the chicken is lightly browned on the outside and cooked through.
3. Remove chicken from pan, place on a cutting board and chop into bite-size chunks.
4. Add chopped chicken to a large bowl, then add all remaining ingredients, except lettuce, and mix until well combined.
5. Cover and place in fridge to chill for 15 minutes and allow flavors to deepen. The longer it sits, the better the flavor but you can eat it right away and it tastes great as well.
6. Serve chicken salad inside lettuce wraps and enjoy!

Tips and Tricks:

**I like to use leftover pre-cooked chicken to make this meal so that everything comes together quickly. Try using our leftover Turmeric Crockpot Roasted Chicken.

Feel free to try different veggies in this: shredded cabbage, diced red bell peppers, or green onions would all work really well.

Nutritional Information Per Serving:

Calories: 277.6
Fat: 6.8 g
Cholesterol: 60.0 mg
Sodium: 428.4 mg
Total Carbohydrate: 15.6 g
Dietary Fiber: 4.6 g
Sugars: 0.1 g
Protein: 31.1 g