

Chicken and Avocado Roll

Give It
A Try



These Chicken and Avocado Rolls are perfect to take for lunch, whether you're working from home or at the office. They are packed with protein, healthy fats and fibre to keep you feeling full and energized for the rest of your day.

Did You Know?

Avocado is actually a fruit, not a vegetable. Avocados are one of the few fruits that contain healthy unsaturated fats that can lower LDL cholesterol.



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 Serves 6



Ingredients:

- 1 ripe avocado, mashed
- 2 cups shredded cooked chicken (rotisserie)
- 3 tbsp plain Greek yogurt
- 1 tbsp lime juice
- 3 tbsp minced red onion
- 2 green onions, minced
- 1 tbsp minced seeded jalapeño pepper
- 2 tbsp fresh chopped cilantro or parsley
- ½ cup diced seeded Roma tomato
- ¼ tsp salt
- ¼ tsp ground pepper
- ½ tsp garlic powder
- 6 whole wheat flour tortillas (8 inch)

Preparation:

1. In a large mixing bowl, combine all ingredients except tortillas. Stir to combine.
2. Divide chicken mixture evenly between tortillas.
3. Roll up tightly and gently slice each tortilla in half.
4. Serve and enjoy!

Nutritional analysis per serving: 304 calories, 12 g fat, 20 g protein, 32 g carbohydrate (25 g available carbohydrate), 7 g fibre, 448 mg sodium

My Viva Servings: 2 grains, 3 proteins, 1 fat

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