

South of the Border Lettuce Wraps

Submitted by Carolyn F.

3 cups chicken breast, cooked and cubed
1 can (15 oz) black beans, rinsed and drained
1 medium tomato, seeded and finely chopped
½ cup salsa
¼ cup onion, finely chopped
1 can (4 oz) green chilies, chopped
¼ cup sweet red pepper, finely chopped
1 tbsp lime juice
½ teaspoon seasoned salt
¼ teaspoon garlic powder
1 medium ripe avocado, peeled and finely chopped
½ cup reduced fat sour cream
12 Bibb or Boston lettuce leaves

In a large bowl, combine the first 11 ingredients. Refrigerate until serving. Stir in avocado just before serving.

Place ½ cup chicken mixture on each lettuce leaf. Top with 2 teaspoons of sour cream. Fold lettuce over mixture to make a wrap. Makes 12 small wraps.

Nutrition information per serving: 130 calories, 13 grams protein, 4 grams fat, 10 grams carbohydrate, 239 mg sodium.