

# Buffalo Chicken Lettuce Wraps



Makes six servings. Each wrap has 230 calories, 5 g fat, 20 g protein, 24 g carbohydrates, 2 g fiber and 350 mg sodium.



Bake Time: 30 minutes

## DIRECTIONS:

## INGREDIENTS:

- 1 pound boneless, skinless chicken breast, cut into bite-size pieces
- ½ cup buffalo sauce
- 1½ cups plain Panko bread crumbs, low sodium
- 4 to 6 soft lettuce leaves (Boston Bibb/Romaine)
- 1 cup quinoa, cooked
- ½ cup tomatoes, diced
- ½ cup avocado, diced
- ⅓ cup Low fat Bleu cheese or ranch dressing (about 1 tablespoon per wrap)
- Green onions (optional garnish)



Toss chicken in buffalo sauce, cover and refrigerate at least 30 minutes.



Coat each chicken piece evenly in breadcrumbs and place on a prepared baking sheet.



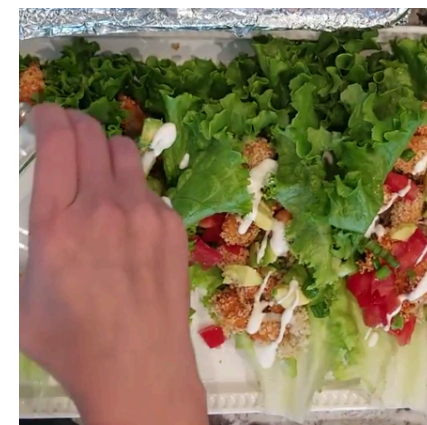
Bake for 30 minutes at 375 F.



Fill each lettuce leaf with quinoa and chicken.



Sprinkle tomatoes and avocados on top.



Drizzle dressing over the assembled wraps.