

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Chicken Lettuce Wrap

Ingredients

2 iceberg lettuce leaves

Fresh cooked chicken slices

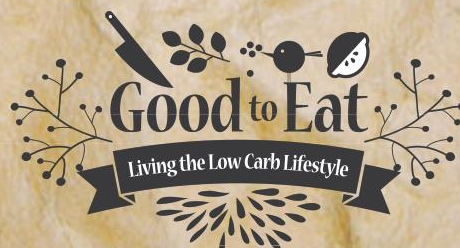
2 slices of cheddar cheese

Kitchen string

Method

You get the idea, right? The combinations are limitless. Try some avocado, perhaps some Haloumi, or sliced boiled egg. xoxo

1. Spread open the lettuce leaves and place the chicken and cheese inside.
2. Roll up as tightly as you can.
3. Secure with kitchen string. If the lettuce is really freshy and crunchy the string may pull through so roll up in some grease proof paper and secure the ends.



Preparation Time: 2 minutes

Cooking Time: 5 minutes

Author: Fran Ramsay

Makes 2

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au