Chicken and Avocado Roll

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.

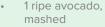


Did You Know?

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.







- 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
- 1/4 tsp salt
- 1/4 tsp ground pepper
- ½ tsp garlic powder
- 6 whole wheat flour tortillas (8 inch)

Preparation:



- In a large mixing bowl, combine all ingredients except tortillas. Stir to combine.
- 2. Divide chicken mixture evenly between tortillas.
- 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