



Chicken and Hummus Lettuce Wrap with Cilantro and Lime

Prep Time 25 mins
 Total Time 35 mins

Meal Type Lunch
 Contributed By



Source [Living Plate](#)

Servings 2



Ingredients

- 12 oz chicken breast, *cooked*
- 4 Tbs hummus
- 1/4 cup fresh cilantro, *chopped*
- 1 lime, *juiced*
- 1/2 seedless cucumber
- 2 tomatoes, *chopped*
- 1 head romaine (8 leaves)

Directions

Prep

1. Chop cilantro, tomato and cucumber and juice half of a lime. Put into a small bowl and set aside.
2. Cut leaves off from head of romaine.
3. In the bowl, mix in hummus.

Make

1. On a lined or grease sheet tray, cook thinly sliced chicken breasts for 45 minutes at 375, or until center reaches 165°.
2. After chicken is done, and cooled, cut it into pieces.
3. Using the lettuce as a wrap, add mixture and chicken.
- 4.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 307 per serving	Total Fat 7.93g	12%	Total Carbohydrates 16.14g	5%	
			Dietary Fiber 4.85g	19%	
			Total Sugars 6.55g		
			Protein 43.14g		

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