Dinner

Chicken Salad Lettuce Cups with Blueberries

A creamy chicken salad mixed with fresh blueberries, celery, and basil, served in cool lettuce leaves with a crunchy almond topping.



Gluten free

10 min	250	19 g	13 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup plain nonfat Greek yogurt
- [ ] 1/4 cup fresh basil (chopped)
- [ ] 1/2 tsp salt (kosher)
- [ ] 1/4 tsp black pepper
- [ ] 3 cup cooked chicken (chopped)
- [ ] 3 cup blueberries
- [ ] 1/2 cup celery (chopped)
- [ ] 1/4 cup green onion (scallion) (chopped)
- [ ] 8 lettuce leaves
- [ ] 2 tbsp almonds (sliced and toasted)

Nutrition Facts

Per serving

Calories	**250**
Total fat	5 g
Saturated fat	1 g
Sodium	280 mg
Total carbs	19 g
Fiber	3 g
Total sugars	13 g
Protein	32 g

Method

- [ ] **1** Stir the plain nonfat Greek yogurt together with the chopped fresh basil, kosher salt, and black pepper in a bowl until blended.
- [ ] **2** Add the cooked chicken, blueberries, celery, and green onion, then toss until everything is evenly coated.
- [ ] **3** Arrange the lettuce leaves on a serving platter and spoon the chicken mixture onto each leaf, dividing it evenly.
- [ ] **4** Sprinkle the sliced toasted almonds over the top before serving.

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