

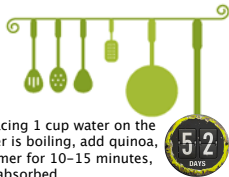
Perfectly Filling Lettuce Wraps

Serves 4

- ½ cup quinoa, plain
- 1 cup water
- 2 medium tomatoes
- 2 cups fresh spinach
- ½ cup green onion, chopped
- 1 avocado
- 3 oz feta cheese, tomato and basil flavored
- garlic powder, salt, & black pepper (or sparingly use a pre-mixed blend, such as Cavender's Greek Seasoning)
- 8 oz. grilled chicken, cut in chunks (optional)
- romaine lettuce leaves (for boats)

1. Prepare the quinoa by placing 1 cup water on the stove to boil. When the water is boiling, add quinoa, cover and turn down to simmer for 10-15 minutes, or until the water has been absorbed.
2. Cool quinoa in a shallow baking dish in the refrigerator while chopping veggies into small chunks.
3. Toss and sprinkle with 3 ounces crumbled feta cheese, adding garlic powder, salt and cracked pepper to taste (or mix).
4. Add chunks of grilled chicken if desired.
5. Scoop it into romaine lettuce leaves to serve as lettuce-wraps.

Nutrient Breakdown: Calories 359, Fat 12 g, (4 g Sat. Fat), Sodium 398 mg, Carbohydrate 22 g, Fiber 6 g, Protein 32 g (Note: Gluten Free, Egg Free, Nut Free)



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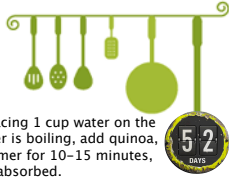
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Sohailla Digsby, RD, LD

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