



Chicken Tortilla Roll Ups

Chicken Tortilla Roll Ups are a great alternative to an everyday sandwich. They're a guaranteed family favorite and great addition to a packed lunch. Leftovers can be stored in your fridge.

Yield: 3-4 servings

Ingredients:

- ¼ medium **red onion**, finely chopped
- ¼ **red bell pepper**, finely chopped
- 1 tbsp **green onion** finely chopped
- 1/3 cup **shredded cheese**, Swiss or cheddar (optional)
- ¾ tsp **lime juice**
- ¼ tsp **garlic powder**
- **salt and pepper**, to taste
- 1 cup **shredded chicken** (leftover chicken or rotisserie chicken works well)
- 2 **flour tortillas**, 8- or 10-inch size
- ½ **avocado**

Instructions:

1. In a medium bowl, add all ingredients except the avocado and tortillas. Mix to combine.
2. Place tortillas on a work surface.
3. Spread half of avocado on one tortilla then 1/2 inch layer of chicken and vegetable mixture on top of the avocado spread.
4. Roll up the tortilla holding it together tightly with your fingertips. Then slice the roll into 1-inch pieces with a sharp knife. A toothpick may be used to secure the roll, but be sure to remove before eating.
5. Repeat steps 3 and 4 for remaining tortilla. Chill until ready to serve.

Per Serving: Calories 318, Protein 17.4g, Saturated Fat 2.9g, Sodium 233.4mg, Fiber 7.9g, Sugars 1.1 g

This recipe was adapted from <https://tipbuzz.com/chicken-avocado-salad/>

