



# Lunch

## Fiber-Packed Lettuce Wraps

### Ingredients:

- 1 large cabbage leaf
- ½ medium tomato, diced
- ¼ cucumber diced
- ½ large carrot, diced
- 1 TBSP ranch dressing
- 6 pieces white meat chicken strips

*\*Add as many non-starchy veggies as you want in this lettuce wrap! Try bell peppers, sprouts, onion, mushrooms, plus you can also switch out the ranch with avocado for a different kind of healthy fat!*

### Directions:

1. Wash and chop produce. Assemble carrots, tomato, cucumber, chicken, and ranch inside cabbage leaf.
2. Wrap up and enjoy!

**Serves: 1**



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