

## Buffalo Lettuce Wraps

<p>Ingredients: 2 Tbsp olive oil 1/3 cup Frank's Hot Sauce or favorite buffalo sauce ¼ cup diced celery ¼ cup diced onion 1 cup shredded rotisserie chicken 4-6 leaf lettuce (Butter, romaine or leaf)</p>	<ol style="list-style-type: none"> <li>1. Add olive oil, hot sauce and diced onion and celery to a medium hot pan.</li> <li>2. When onions and celery are cooked through and soft add shredded chicken and stir till hot.</li> <li>3. Serve on choice of leaf lettuce.</li> </ol>
<p>Toppings/ Condiment Ideas(choose 1 or all): Diced tomatoes Diced avocado Low fat shredded cheese Blue cheese crumbles Greek yogurt ranch dip Low fat ranch</p>	<ol style="list-style-type: none"> <li>4. Top the wrap with your choose of topping/condiment.</li> </ol>

Recipe serves 4-6 wraps

Nutrition Facts for lettuce wrap (With low fat shredded cheese and Greek yogurt ranch dip)

Calories 101

Fat 3g

Carbohydrates 3g

Protein 17g