

# TAILGATING: HEALTHY APPETIZER RECIPES



## CHICKEN AVOCADO SALAD ROLL UPS

6 Servings  
8" - 6 tortillas  
(approx. 8 slices each tortilla)

Prep: 10 minutes  
Refrig: 30 minutes  
Slice: 10 minutes

**8 slices: 326.3 calories, fat 11.7g, carbs 29.1g,  
fiber 3.2g, sugar 3.1g, & protein 24g**

### INGREDIENTS

- 2 cups shredded chicken
- 1 ripe avocado- mashed or already prepared avocado mix
- 2-4 tbsp plain Greek yogurt (start with 2 and add more if the salad seems to dry)
- 1 ½-2 tbsp lime juice
- 2 tbsp finely diced red onion
- 2 green onion-sliced
- Freshly ground black pepper- to taste
- ¼ teaspoon salt (or more to taste)
- ½ teaspoon garlic powder
- 1 ½ tbsp fresh cilantro or parsley- chopped
- ½ cup shredded Cheddar cheese
- 5-6 Tortillas (8 or 10 inch diameter)

### INSTRUCTIONS

1. **NOTES:** Filling for 5 tortillas (10 inch diameter) or for 6 (8 inch) tortillas.
2. In a large bowl combine all ingredients for Chicken Avocado salad. Stir until evenly blended.
3. Spread the mixture over tortilla and roll up tightly. Repeat with remaining salad.
4. Slice with serrated knife into ½-1 inch slices. You can slice them immediately or refrigerate until firm (about 30 mins). It's easier to slice when chilled.

### SERVING SUGGESTIONS

Instead of a regular tortilla, you can use a whole grain (or protein) wrap, leafy lettuce, or place topping on a sliced veggie like cucumber or zucchini - making a spread!