

# Chicken Club Lettuce Wrap



Replace a wheat wrap for a lettuce wrap for a quick delicious low-carb (keto) lunch.

## Ingredients

- 1 head iceberg lettuce, cored and outer leaves removed
- 1 tablespoon mayo, I love Sir Kensington (check labels for W30)
- 3 ounces about 6 slices organic chicken or turkey breast
- 2 strips center cut bacon, cooked and cut in half (check labels for W30)
- 2 thin slices tomato
- 1 piece of parchment paper, about 14" x 14"

## Instructions

1. Place the parchment paper down on your work surface.
2. Layer 6 to 7 large leaves of lettuce in the middle of parchment paper so that you create a lettuce base about 9 inches by 10 inches.
3. Spread the mayo in the center of the lettuce wrap.
4. Layer with the chicken or turkey, bacon and tomato.
5. Starting with the end closest to you, roll the lettuce wraps jelly roll style using the parchment as your base as tight as possible.
6. Halfway through rolling, tuck the ends of the wraps towards the middle.
7. Continue to roll the lettuce wrap, keeping it as tight as possible and using the parchment paper to guide you.
8. When it is completely wrapped, roll the remainder of the parchment around the lettuce tightly.
9. Using a serrated knife, cut the lettuce wrap almost completely, leaving a small piece of the parchment intact to help hold it together.

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