



Chicken Salad Roll Ups

Description



My friend Kristin made these chicken salad roll ups for a lunch I hosted this past Spring. They are very tasty and would make a nice light summer meal when you donâ€™t feel like turning on the stove or firing up the grill. I love a good chicken salad that isnâ€™t swimming in mayonnaise. Kristin

developed this recipe after searching for a chicken salad to make. She cut down some of the fat thatâ€™s in traditional recipes by substituting poppy seed dressing for some of the mayonnaise.

You can use any type of tortilla for the chicken salad, but Kristin likes the to use the Azteca brand because they arenâ€™t as thick. If you are limiting your carbs, you can also omit the tortilla altogether and just serve it over a lettuce leaf.

The roll ups taste best the day of serving, but you can make the chicken salad a day ahead. Adjust the ingredients according to your taste and how many people youâ€™re serving. Enjoy!

Chicken Salad Roll Ups

Author: Kristin Liechty

Ingredients

- Rotisserie chicken or shredded chicken breasts (base amount on how many people you are serving)
- 3/4 part poppy seed dressing to 1/4 mayo (Kristin uses Briannaâ€™s Poppy Seed Dressing)
- celery, chopped
- green grapes, chopped
- butter head lettuce
- cream cheese
- sliced honey roasted almonds

Instructions

1. Mix shredded chicken, dressing/mayo, chopped celery, and chopped green grapes in a large bowl.
2. Take a large tortilla and spread a thin layer of reduced fat cream cheese or you can use a flavored cream cheese, onto tortilla.
3. Press Butter Head lettuce leaves onto the cream cheese layer, then spread a thin layer of chicken salad and press into leaves.
4. Sprinkle with sliced honey roasted almonds before rolling up tortillas.
5. Let set several minutes then slice into â€œroll upsâ€œ. (use a serrated knife)

Linking to: [Treasure Box Tuesday](#), [Foodie Fridays](#)

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