



# BLT Lettuce Wraps with Avocado

We promise that these lettuce wraps are just as delicious as the sandwich that they were inspired from. and they make for a delicious low-carb summer treat!

## Ingredients

8 leaves from 1 medium head of butter lettuce, such as Boston or Bibb

6 slices turkey bacon (about 6 ounces)

2 tablespoons plain greek yogurt

1 tablespoon finely chopped chives

1 tablespoon freshly squeezed lemon juice

1/8 teaspoon freshly ground black pepper

1 pint cherry or grape tomatoes, halved

1 medium avocado, diced



**SERVES**

4



**METHOD**

Baking



**MINUTES**

15-20



**DIFFICULTY**

3/10

Step 1:

Preheat an oven to 400F, and line a baking sheet with either aluminum foil or parchment paper.

Step 2:

Lay bacon on the baking sheet, place in oven, and bake for 15-20min or until bacon is golden brown. Remove from oven and let it cool.

Step 3:

While bacon is cooking, in a small bowl stir together the greek yogurt, chives, lemon juice, and pepper. Set aside. Dice the avocado and place that aside as well.

Step 4:

Once bacon is cool, transfer it to a cutting board and roughly chop it, then assemble lettuce wraps! Fill lettuce leaf with tomatoes, avocado, and bacon, then serve with dressing. Enjoy!

In this recipe you can also substitute the bacon for roasted mushrooms, like Dr. Vincent did below.

