



Avocado Salad Lettuce Wraps

Servings: 8

Ingredients:

- 2 very ripe avocados
- 3 tomatoes, diced
- 1/4 Jalapeno, diced
- 2 TBSP red onions, diced
- 3 Fresh garlic cloves, minced
- 1/4 cup fresh cilantro, chopped
- 1 ear of corn, kernels cut off
- 2 TSP fresh lime juice
- 8 romaine lettuce leaves

Preparation:

1. In a medium sized bowl, mash the avocados
2. Once the rest of ingredients are prepared, stir with avocado until well mixed.
3. Spread 2-3 TBSP of mixture onto lettuce leaves and wrap.

Nutrition Information based on 1 serving:

Calories: 53	Total Fat: 3 g	Total Carbohydrate: 7 g	Dietary Fiber: 2.5 g
Protein: 1.5 g	Sodium: 7.5 mg	Calcium: 18 mg	Iron: 0.5 mg

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