

## Chicken and Avocado Pinwheels

Prep Time - 5 minutes

Cook Time - 10 minutes

Servings – 20 pinwheels, 5 servings

### Ingredients

- 1 cup cooked chicken breast, diced or shredded
- 1 avocado, pitted and diced
- ¼ cup shredded cheese or choice
- ¼ cup diced tomato
- 2 tablespoons minced onion (optional)
- 2 tablespoons minced cilantro
- 2 tablespoons Greek yogurt
- 1 tablespoon lime juice with salt and pepper to taste
- 2 – 10" flour tortillas or 3 medium tortillas



### Directions

1. In a large bowl, add the cooked chicken, avocado, cheese, tomato, onion, cilantro, Greek yogurt, and lime juice. Season with salt and pepper and stir with a spoon until everything is fully combined and the avocado is chunky and mashed.
2. Spread the mixture on equally on each of the flour tortillas and roll them up tightly. Cut in slices and place on the plate. Serve right away or refrigerate until ready to serve.  
Enjoy this tasty treat hot or cold!

### Nutrition Facts

116 calories, 5.6 g fat, 10 g carb, 1 g sugar, 7 g protein, 160 mg sodium



Click, scan, or call for more recipes or to register for Cooking for Wellness classes.  
<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>  
614.884.HOPE (4673)