Kaizen
Nutrition & Wellness

Chicken Waldorf Collard Wraps

Prep Time	10 mins
Total Time	15 mins
Meal Type	Lunch,Dinner
Contributed By	LivingPlate**Rx**
Source	[Living Plate Teaching Kitchen](#)
Servings	2

Ingredients

lb,c | g,ml

- 4 collards, leaves, *trimmed*
- 10 oz chicken breast, canned, *drained*
- 1/4 cup mayonnaise, unsweetened
- 2 scallions, *chopped*
- 2 Tbs parsley, *chopped*
- 1/3 cup Walnuts, raw, *chopped*
- salt, *to taste*
- black pepper, *to taste*
- 1/2 avocado, *sliced*

Directions

Prep
1. Drain chicken and place in a large bowl.
2. Chop scallions and walnuts.
3. Remove stems of collards. Place each leaf on a flat surface and, using a sharp knife or vegetable peeler, shave off some of the spine to make it more flexible. Rinse in very hot water to soften and set aside.

Make
1. To the chicken, add mayonnaise and stir with a fork until the chicken is flaky. Season with salt and pepper and stir in scallions and walnuts.
2. Add chicken mixture to collards, top with some avocado, and wrap.

Notes

Other combinations to consider: canned tuna + sunflower seeds, canned salmon + pepitas.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving 638

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 51.6g	79%	**Total Carbohydrates** 9g	3%
Saturated Fat 7.1g	35%	Dietary Fiber 5g	19%
Trans Fat 0.0g		Total Sugars 1g	
Cholesterol 101mg	33%		
Sodium 864mg	37%	**Protein** 40g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 1% · Calcium 101mg 10% · Iron 3mg 17% · Potassium 576mg 12%

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