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Ingredients

4oz. Chicken breasts, cooked and shredded loz. Frozen peas l oz frozen corn ½ tomato diced 2 oz. mayonnaise or creamy ranch dressing 4 large lettuce leaves Servings 2 Person

Preparation

- 1 Boil the peas and corn in boiling water for two minutes and cool
- 2 Mix the chicken, peas, corn, tomato and mayonaisse or ranch in a bowl
- 3 Arrange generously on the lettuce leaves
- 4 Close the leaf like a wrap and serve

Cooks Note

Serves 2