



Featured Recipe

Olson Women's Health Resource Center
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Mediterranean Chicken Lettuce Wrap

This Mediterranean chicken wrap is a delicious low carb option and would be easy to meal prep for lunches. It is low calorie and has a descent amount of protein and fiber that will keep you feeling full. If you're looking for a vegetarian or meat free option double the humus and veggies to replace the chicken. This is one of my favorites! Enjoy!

Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center

INGREDIENTS:

- 4 collard green leaves or low-carb wraps
- ¼ cup Fresh Thyme Classic Hummus (see back page)
- ¾ lb. Fresh Thyme grilled chicken strips
- 1 cup grape tomatoes, halved
- ½ cup chopped seedless cucumber
- ¼ cup Kalamata olives, pitted and sliced
- ⅓ cup Fresh Thyme crumbled feta cheese
- 2 Tbsp. thinly sliced red onion
- 4 tsp. light tzatziki ranch Greek yogurt dressing

INSTRUCTIONS:

1. Wash collard leaves and pat dry with paper towels. Lay leaves flat on a cutting board. Use a knife to trim stems and shave thick portions at the base of the leaves so they are thinner and easier to roll.
2. Spoon 1 Tbsp. of hummus onto each collard leaf. Top each with grilled chicken, tomatoes, cucumber, cheese, olives, and red onion. Drizzle each with 1 tsp dressing.
3. Roll up collard green leaves around fillings and serve.

Total time: 20 minutes

NUTRITION - one serving:

Calories: 259

Cholesterol: 83 mg

Carbohydrate: 8 grams

Fiber: 3 grams

Protein: 31 grams

Sodium: 629 mg

Fat: 11 grams

Potassium: 217 mg

Saturated Fat: 3 grams

Source: <https://www.freshthyme.com/recipes/mediterranean-chicken-lettuce-wraps/>

TIPS & NOTES

To prepare homemade hummus:

INGREDIENTS:

- 2 cups (500 mL) cooked chickpeas,
- 1/4 cup (60 mL) lemon juice
- 1 garlic clove, minced
- 2 Tbsp (30 mL) tahini
- 2 Tbsp (30 mL) water
- 1 tsp (5 mL) dried oregano
- 1/2 tsp (2 mL) sea salt
- 1/4 tsp (1 mL) ground pepper
- 1/4 cup (60 mL) finely chopped fresh dill
- 20 kalamata olives, pitted and roughly chopped

INSTRUCTIONS:

1. Place chickpeas, lemon juice, garlic, tahini, water, oregano, salt, and pepper in food processor.
2. Purée until smooth, stopping to scrape down sides if necessary. Transfer to medium bowl. Stir in dill and olives.

Check out these Olson Center Wellness Programs:

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call or visit the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com