

Buffalo Chicken Wraps

INGREDIENTS

- 4 chicken breasts, boneless, skinless and cut into cubes
- Butter lettuce leaves
- 1/2 cup cherry tomatoes, halved
- 1 avocado, diced
- ¼ cup sliced green onions
- 1/2 cup hot pepper sauce
- Cooking fat
- Sea salt and freshly ground black pepper

DIRECTIONS

1. Place all the ingredients for the ranch dressing in a bowl. Whisk until well combined, and then put the dressing in the refrigerator to chill until you need it.
2. In a bowl, combine the chicken, hot pepper sauce, and season with salt and pepper to taste.
3. Melt some cooking fat in a skillet over medium-high heat.
4. Add the chicken to the skillet and cook until cooked through (8 to 10 minutes).
5. To assemble the wraps, top each lettuce leaf with chicken, avocado, tomato, green onions, and ranch dressing, if using.