

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

BLT Lettuce Wraps with Avocado Ranch

From www.howsweeteats.com

Serves 2 to 4

1 head of butter lettuce, leaves removed
1 head of savoy cabbage, leaves removed
8-12 slices bacon, cooked crispy
1 pint cherry tomatoes, halved
Salt and pepper for seasoning

avocado ranch

1 ripe medium avocado
1/3 cup plain Greek yogurt
1 Tbsp freshly chopped parsley
2 Tbsp freshly chopped dill
1 garlic clove, minced
1 tsp Worcestershire sauce
1/2 tsp white vinegar
1/2 tsp paprika
1/4 tsp onion powder
1/4 tsp salt
1/4 tsp pepper

1. Layer the butter lettuce leaves over the top of the cabbage leaves. Throw some cherry tomatoes in the lettuce wraps and sprinkle with salt and pepper. Add the bacon (you can chop it, keep it in strips, cut it in half, etc – whatever you'd like!). Drizzle with the avocado ranch.

avocado ranch

1. Combine all the ingredients in a food processor and blend until creamy, scraping down the sides occasionally when needed. Taste and season additionally if desired. Store avocado ranch in a seal-tight container for 1-2 days.