

# Low-Carb Feta & Avocado Lettuce Cups

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 11.5 g, Fiber: 4.9 g, **Net carbs: 6.6 g**,

Protein: 6.6 g, Fat: 17 g, Calories: 214 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 starter servings)

### Lettuce cups:

- 1 bunch asparagus (150 g/ 5.3 oz)
- 1 medium avocado, cubed (150 g/ 5.3 oz)
- 2/3 cup feta, crumbled (100 g/ 3.5 oz)
- 1/2 extra small green apple, diced (100 g/ 3.5 oz)
- 2 tbsp [sunflower seeds](#) (g/ oz)
- 1 tbsp chopped mint
- 1 tbsp chopped parsley
- 8 gem lettuce leaves (120 g/ 4.2 oz)

*Optional:* extra parsley and [sunflower seeds](#) to serve

### Dressing:

- 2 tsp wholegrain mustard
- 1 tbsp lemon juice (15 ml)
- 1 tbsp apple cider vinegar (15 ml)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- 1 tsp [Sukrin Gold](#), [Swerve](#) or [Erythritol](#)
- 1/4 tsp sea salt

## Instructions

1. Wash and pat dry the vegetables. Make the dressing by adding all the ingredients to a small jar and shaking. Allow to sit while you prepare the other ingredients.
2. To prepare the asparagus, hold the bottom (thicker) end and the middle, and snap the bottom end off. This removes the woodiest part of the plant that should be discarded. Then slice the remaining stalk into thick slices, add to a microwave safe dish with a sprinkle of water and microwave 1 minute on high. Alternatively, steam on the stove for 3-4 minutes until crisp-tender.
3. Remove and rinse under cold water and allow to drain. Dice the

avocado and apple and add to a bowl.

4. Then crumble over the feta. Add the chopped herbs and cooled asparagus, and then add the dressing and mix well.
5. Divide the mixture among the lettuce leaves, and sprinkle with a little extra parsley and sunflower seeds if desired. Serve immediately.

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