

CHICKEN LETTUCE WRAPS

Prep Time 5 minutes // Cook Time 10 minutes \ Total Time 15 minutes

Nutrition Info: Makes 4 servings \ Calories Per Serving: 365

Protein 25g, Carbohydrate: 25g, Fiber 3g, Fat: 21g, Saturated fat: 5g, Sugar 10g

Ingredients

- 1 Tablespoon sesame oil
- ¼ cup yellow, sweet or white onion—can use more if you like more!
- 2 cloves of garlic
- 1 tablespoon fresh minced ginger or ginger paste
- 16 oz ground chicken—that's 1# total!
- ¼ cup Tamari (low sodium) or soy sauce, coconut aminos
- 2 Tablespoon Thai sweet red chili sauce
- juice of 1 lime
- 1 teaspoon maple syrup or honey, agave
- ⅓ cup cashews chopped - raw or roasted/salted can use any kind of nuts you like—peanuts are my substitute
- ¼ cup scallions chopped
- ¼ cup cilantro fresh, chopped
- ¼-½ cup carrots shredded
- Sesame seeds for topping
- 1 head butter lettuce - leaves removed rinsed and dried - see notes



Instructions

1. Make the garlic, ginger pan sauce:
* Heat up a pan to medium high heat and add the oil. Once the oil is hot, add in the onions. Toss and let cook for 2-3 minutes until the onions start to brown and turn translucent. Then add in the garlic and ginger. Toss that all together and let it cook for 2 minutes.
2. Cook the chicken: Add the ground chicken to the pan, tossing it in the pan sauce while breaking it up with a wooden spoon or spatula. Season the chicken with a little salt and pepper and let it cook until it starts to turn golden brown and there is no more pink, about 3-4 minutes.
3. Make the thai chili sauce: Add the soy sauce, chili sauce, lime juice, and honey to a small bowl and mix to combine.
4. Add the sauce to the chicken: Sprinkle the chopped cashews over the chicken in the pan and pour in the sauce. Toss that all together, reduce the heat to low and let that all cook for 2 more minutes. Remove the pan from the heat and let it cool for a few minutes, then stir in the carrots, chopped scallions and cilantro.
5. Assemble the lettuce wraps. To assemble the lettuce wraps, open one of the lettuce leaves and add a large spoonful of the chicken mixture into the wrap and top it with some of the pan sauce and sesame seeds. Continue until you have made all of the lettuce wraps.

Recipe Notes

Nutritional information is approximate and was calculated using a recipe nutrition label generator. It will vary, based on how much filling you put in your wraps, but info is for approximately 2 wraps.

To prepare the lettuce, carefully tear each leaf away from the bulb and rinse each leaf carefully under light running water. Then place the clean leaves on a clean paper towel to dry before using them to assemble the wraps