

Chicken Lettuce Wrap

FIXINGS!

- 1 head Boston lettuce leaves
- 2 cup Shredded carrots
- 1 large cucumber
- 2 cup Bean sprouts
- 1.5 lb. Grilled chicken breast tenders, cut into strips

Chicken Marinade:

- ½ cup Orange juice
- ¼ cup Lemon juice
- ¼ cup Fresh lime juice
- 2 Tablespoons Old bay seasoning
- 2 tablespoons Garlic and herb powder

Peanut Sauce:

- 4 teaspoons safflower oil
- ½ cup minced red onion
- 2 tablespoons minced garlic
- ½ teaspoon hot chili pepper
- 2 tablespoons splenda
- 2 tablespoons vinegar
- ½ cup all natural peanut butter
- 1 cup water



METHOD

Add orange juice - garlic and herb powder to a zip-top bag and shake up - add chicken and marinate for at least 3-4 hours if not over night (chicken will be fine in the marinade for up to 2 days)

Using an immersion blender or food processor, combine oil, onion, garlic and hot chili pepper: blend for 1 minute

Empty mixture into saucepan and place over low heat until mixture starts releasing aroma. Add peanut butter and mix well over low heat

Add water and let simmer for 10 mins or until thickened
Stir in vinegar and splenda; continue to simmer for another 1-2 mins

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once sauce is done, adjust flavor to your taste (too sweet add a bit more vinegar, too tart a bit more splenda)

Spoon veggies, chicken and peanut sauce onto lettuce leaves. Fold sides of lettuce over filling and roll up like a burrito

NUTRITION FACTS

Servings: 6

Amount Per Serving

Calories: 403

- 1 **Total Fat:** 24.64g
- 2 **Cholesterol:** 75mg
- 3 **Sodium:** 112mg
- 4 **Total Carbs:** 13.35g
- 5 **Dietary Fiber:** 3.79g
- 6 **Sugars:** 5.55g
- 7 **Protein:** 29.96g