



Chicken Lettuce Wraps

(ADAPTED FROM CHRISTINA CHAEY, BON APPETIT - "HEALTHYISH")

Yield: Makes 4 servings

Ingredients

- 2 tbsp low-sodium soy sauce
- 1 tbsp dark brown sugar
- 2 tbsp vegetable oil
- 3 green onions, white and pale green parts, thinly sliced
- 2 cloves garlic, finely chopped
- 1 lb ground chicken
- 1 bag or head of lettuce

Optional

- 1 tsp fish sauce
- 1 tbsp sriracha
- lime wedges

Instructions

Mix soy sauce, brown sugar and sriracha in a small bowl. Set aside.

Heat oil in a large skillet over medium heat. Add green onions and garlic, stirring occasionally, until soft, ~3-4 minutes.

Add chicken. Cook occasionally breaking up with a wooden spoon. Cook chicken until fully cooked, ~5-7 minutes.

Add soy sauce mixture and cook, tossing occasionally, until liquid is almost completely reduced, ~2 minutes.

Fill lettuce cups or leaves with chicken filling. Garnish with lime wedge.

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Description

This dish is flavorful and ready to go in less than 30 minutes! Using lettuce leaves as a wrap instead of tortillas is a great way to add some extra veggies into your daily routine as well as a means to use up your extra lettuce while avoiding the dreaded “salad fatigue.”



Farmers Market Finds

- Lettuce Leaves (Bibb or butter lettuce would work best)
- Garlic
- Green Onions



Grocery Store Grabs

- Vegetable Oil
- Low-Sodium Soy Sauce
- Dark Brown Sugar
- Fish Sauce (optional)
- Sriracha (optional)
- Lime Wedges (optional)

Substitutes

Could replace low-sodium soy sauce with low-sodium tamari (gluten-free soy sauce) or liquid aminos (also gluten-free).

Could use honey or maple syrup in place of brown sugar.

Pairs with

This recipe is designed to be quick and ready to assemble. With that in mind, quick fresh summer sides would pair well. Sliced pineapple, cantaloupe or mango would pair quite well with the slightly sweet sauce used on the chicken.

A cold macaroni salad, roasted potatoes or couscous would also complement this recipe well.