

Cooking with the DIETITIANS

ASIAN-INSPIRED CHICKEN LETTUCE WRAPS

Time: 20 minutes / Servings: 5

INGREDIENTS

2 tablespoons oil
1/2 small onion, finely chopped
5 cloves garlic, minced
16 oz ground chicken (or turkey)
3/4 cup cashews, chopped
2 tablespoons Sriracha
2 tablespoons low-sodium soy sauce
2 tablespoons cilantro, chopped
2 head lettuce

Sauce:

4 tablespoons sweet chili sauce
4 teaspoons lime juice
2 tablespoons cilantro, chopped

DIRECTIONS

1. Mix all the ingredients for the Sauce in a small bowl, stir to combine well. Clean the butter lettuce, peel each leaf off the stem, set aside.
2. Heat up a skillet on medium heat and add the oil. When the oil is heated, add the onion, garlic, and stir-fry until they are slightly browned. Add the ground chicken, stir continuously with the spatula, and break up the lumps. Add the cashew nuts, sriracha, and soy sauce. Stir to combine well.
3. Continue to cook until is browned but still moist. Add the cilantro and turn off the heat.
4. To assemble the lettuce wraps, spoon a small amount of the filling onto the middle of the butter lettuce and top with some sauce. Wrap it up and eat immediately.



NUTRITION FACTS (PER SERVING):

Calories – 285, Total fat – 17g, Saturated fat – 3g, Sodium 520mg, Carbohydrates: 16g, Fiber 3g, Protein 19g, Vitamin A – 50%, Vitamin C – 11%, Calcium - 4%, Iron – 14%

Recipe adapted from: <http://www.carlsbadcravings.com/asian-chicken-lettuce-wraps-recipe/>

A collaboration with USF Dining



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