



# CHICKEN LETTUCE WRAPS

Makes 4 servings | Serving size: 3 Lettuce wraps

PREP TIME

**10 min**

COOK TIME

**15 min**

TOTAL TIME

**25 min**

*This is a light, flavor-packed version of an old restaurant favorite. Lettuce wraps are a great alternative to rice when it comes to Asian foods. They allow the main flavors to come through while adding a satisfying crunch.*

## Ingredients

- 1 tablespoon fresh ginger, grated
- 1 tablespoon garlic powder
- 2 teaspoons sesame oil
- 3 tablespoons low-sodium soy sauce (gluten-free, if needed)
- 2 tablespoons hoisin sauce (gluten-free, if needed)
- 2 tablespoons rice vinegar
- 1 teaspoon Sriracha
- 2 tablespoons olive oil
- 1 pound chicken breast, minced (similar to ground chicken)
- 1 white onion, minced
- 2 zucchini, minced
- 1 red pepper, minced
- 1 head iceberg lettuce
- $\frac{3}{4}$  cup green onions, minced
- $\frac{3}{4}$  cup unsalted, chopped peanuts (optional)



## Directions

1. Mix ginger, garlic, sesame oil, soy sauce, hoisin sauce, vinegar, and Sriracha in a small bowl until well combined. Set aside.
2. Heat olive oil in a large skillet. Add chicken and cook for 2-3 minutes. Add sauce and cook another 5 minutes on medium-high. Add onion, zucchini and pepper. Cook until tender.
3. Serve in a lettuce leaf with  $\frac{1}{2}$  cup of chicken and veggies, 1 tablespoon green onions, and 1 tablespoon peanuts.