

CHICKEN LETTUCE WRAPS WITH PEANUT SAUCE

INGREDIENTS:

Peanut Sauce 1/3 cup creamy peanut butter

2 Tbsp. reduce sodium soy sauce
2 Tbsp. freshly squeezed lime juice
1 ½ Tbsp. brown sugar
2 ½ sweet chili sauce
2 teaspoons fresh grated ginger

Lettuce Wraps

1 Tbsp. canola oil
1 Tbsp. sesame oil
1 pound ground chicken
4 oz. fresh mushrooms, diced
¼ cup shredded carrot
1 shallot, minced
¼ cup chopped yellow or red bell pepper
1 Tbsp. fresh grated ginger
¼ cup hoisin sauce
2 teaspoons sweet chili sauce
1 teaspoon fish or oyster sauce
2 Tbsp. cilantro leaves
1 head butter lettuce, rinsed and leaves separated

DIRECTIONS:

Make peanut sauce: Place all ingredients in a small bowl and whisk together. Add 2-3 tablespoons water until of desired consistency. Heat oils in large skillet over medium high heat. Add ground chicken, mushrooms, carrot, shallot and peppers. Cook until browned, about 5-7 minutes. Stir in garlic and ginger and cook until fragrant, about 1 minute. Stir in hoisin sauce, chili sauce, fish sauce and heat through. Remove from heat and stir in cilantro. To serve, fill lettuce leaves with the chicken mixture, taco style, and top with peanut sauce. Yield: 4-6 servings.

Nutrition Info: (for 1/6th lettuce wrap recipe + 2 Tbsp Peanut Sauce)

Calories: 380

Fat: 22 grams

Saturated Fat: 5 grams

Carbohydrate: 20 grams

Fiber: 2 grams

Protein 24 grams

Sodium: 940 mg.

Exchanges: 3 lean meat, 1 starch, 2 vegetables, 2 fats