

Chicken Lettuce Wraps



Lettuce Wrap: High in minerals, such as calcium, phosphorous, magnesium, and potassium. It's naturally low in sodium. Plus, romaine lettuce is packed with vitamin C, vitamin K, and folate. It's a good source of beta carotene, which converts into vitamin A in the body.

Chicken Lettuce Wraps

Serving: 1

Prep Time: 10 mins | Cook Time: 10 mins | Total Time: 20 mins

Ingredients:

- ½ Tbsp low-sodium soy sauce
- 1 Tbsp hoisin sauce
- 1 Tbsp lime juice
- 1 tsp fresh ginger, grated
- ½ tsp sesame oil
- ¼ medium yellow onion, diced
- 4 oz chicken breast, cubed in 1/4-inch pieces
- 1 fresh garlic clove, minced
- ¼ cup shredded carrots
- ½ cup cooked brown rice
- ½ head of butter lettuce (5-6 leaves)
- 3 sprigs of cilantro, chopped (optional)

Instructions:

1. In a small mixing bowl, add low-sodium soy sauce, hoisin sauce, lime juice, fresh ginger. Mix to combine and set aside.
2. Using a skillet or frying pan, heat sesame oil on medium heat.
3. Add diced onion. Cook until onions have slightly browned.
4. Add minced garlic, cubed chicken, and shredded carrots onto pan. Stir to combine. Cook until chicken has slightly browned on all sides.
5. Then, add the sauce from step one onto stir-fried chicken and vegetables. Stir to evenly season all ingredients. Turn off the heat and transfer to a bowl.
6. Use lettuce leaves as wraps. Divide brown rice, cooked chicken and vegetables into each piece of lettuce.
7. Top each wrap with cilantro (optional) and serve. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 535
- Carbohydrates: 48.1 g
 - Fiber: 6.1 g
 - Sugar: 10.3 g
- Total Fat: 18.4 g
- Protein: 44 g
- Sodium: 693.3 mg



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