

Lettuce Wraps with leftover Almond Crusted Chicken

Ingredients

Left over Almond chicken, warmed (see recipe)

4 ½ tablespoons Hoisin sauce

2 ¼ tablespoons water

2 ¼ tablespoons rice vinegar seasoned

1 ½ tablespoons fresh garlic minced

1 1/8 tablespoons fresh ginger root minced

1 14 teaspoons sesame oil

2 ¼ teaspoon coconut oil

2 medium carrots chopped fine

1/3 cup red onion chopped

3 cups mushrooms chopped fine

1 ½ medium red peppers chopped fine

3 cups red cabbage shredded

12 romaine lettuce leaves

Condiment, optional



Makes 4 servings

Prep time: 15 minutes

Cook time: 2 minutes

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Preparation

Combine hoisin sauce, water, vinegar, garlic, ginger, and sesame oil, whisk to combine. Place coconut oil in medium hot pan and sauté the carrots, onions, mushrooms and peppers until softened, 15 seconds. Combine mixture with the shredded cabbage, water chestnuts, and leftover almond crusted chicken. Pour hoisin sauce mixture over and toss until thoroughly combined. Scoop even portions into romaine lettuce leaves and serve. Suggestion: If you or someone in your family has high blood pressure use low sodium hoisin sauce, or use half of the amount in the ingredient list.

Nutritional information per serving

Calories 290, Carbohydrate 24 g

Dietary Fiber 4 g, Protein 32 g, Total Fat 8 g

Saturated Fat 1.5 g, Trans Fat 0 g

Cholesterol 95 g, Sodium 290.25 mg

Recipe: Sodexo