



Chicken Lettuce Wraps

Ingredients

20 oz Sanderson Farms Boneless, Skinless Chicken Breast Fillets, sliced in half to create 4 chicken breast fillets & cut into thin strips

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| 1 teaspoon | salt |
| 1/2 teaspoon | ground black pepper |
| 1 1/2 teaspoons | corn starch |
| 1 tablespoon | water |
| 3 tablespoons | vegetable oil, divided |
| 4 cups | three pepper and onion frozen vegetable blend |
| 1 teaspoon | minced garlic |
| 1/4 teaspoon | ground ginger |
| 1/8 teaspoon | crushed red pepper flakes |
| 3 tablespoons | rice vinegar |
| 4 tablespoons | low sodium soy sauce |
| Lettuce leaves, stems removed | |



Directions

Season chicken with salt and black pepper. Mix corn starch and water in a small bowl. Heat 2 tablespoons oil in a 12-inch skillet or wok over high heat. Add chicken and cook about 3 minutes. Remove chicken from skillet or wok. Set aside. Add 1 tablespoon oil to skillet or wok. Add vegetables, garlic and ginger. Cook 2 minutes. Add chicken, red pepper flakes, rice vinegar, soy sauce and corn starch and water mixture. Cook 2 minutes. Serve 1/4 cup chicken filling wrapped in lettuce leaves.

Recipe Nutrition per serving:

450 calories; 36 gm protein; 34 gm carbohydrates; 7 gm dietary fiber; 101 mg cholesterol; 18 gm total fat; 8 gm saturated fat; 1124 mg sodium

Yield: 8 servings.