

Lunch | Dinner

Asian Chicken Lettuce Wraps

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

338 Calories **16g** Fat **27g** Carbs **22g** Protein



Ingredients

4 Servings • **3 Wraps** Serving Size **20 Mins** Total Time Allergens: Soy

Sauce

¼ Cup Hoisin Sauce

2 Tbsp Reduced-Sodium Soy Sauce

1 Tbsp Ginger, minced

1 Tbsp Rice Vinegar

1 Tbsp Sriracha® (amount depending on preference)

Filling

1 Tbsp Olive Oil

1 lb Ground Chicken

1 Medium Onion, chopped

1 Can (8 oz) Sliced Water Chestnuts

2 Cloves Garlic, minced

Additional Ingredients

Butter Lettuce

Julienned Carrots

Green Onion

Crispy Rice Noodles

Nourishment Note



Ginger

Ginger is a powerful antioxidant that has been shown to reduce nausea and may help relieve pain and soreness associated with rheumatoid arthritis.



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.

Allergen Swap

Soy Replace with liquid aminos or coconut aminos

Instructions

1. Combine Ingredients

In a small bowl, whisk together sauce ingredients and set aside.

2. Heat & Cook

For the filling, heat oil in a large skillet. When hot, add chopped onion and garlic. Cook until browned and softened.

3. Add Chicken & Sauté

Add ground chicken to the skillet and sauté until cooked through and no pink remains. When cooked, add water chestnuts and sauce to chicken mixture to heat.

4. Garnish & Prepare

Spoon filling into clean lettuce leaves and sprinkle with green onion, julienned carrots, and crispy rice noodles.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Small Bowl



Whisk



Knife



Cutting Board



Large Skillet



Can Opener

RA Cooking Tips

Ginger: Instead of chopping fresh ginger, try a refrigerated ginger paste.

Garlic: Purchase jars of minced garlic instead of chopping your own.

Julienned Carrots: Purchase matchstick carrots in the salad section of the grocery store.

Cans: Use an electric can opener to open cans of water chestnuts and rice noodles.