



THAI CHICKEN LETTUCE WRAPS

INGREDIENTS

Sauce:

- 1/3 cup sweet chili sauce
- 1 tablespoon peanut butter
- 1/2 teaspoon freshly grated ginger
- 2 teaspoons low sodium soy sauce
- 1/4 cup fresh cilantro, chopped
- 1/4 teaspoon crushed red pepper flakes

Filling:

- 2 teaspoons safflower or grapeseed oil
- 1/2 pound ground chicken
- 2 cloves garlic, minced
- 1/2 cup chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 large carrot, grated
- 3/4 cup shredded cabbage
- 3 green onions, chopped
- 1 head Boston (Bibb) lettuce

DIRECTIONS

- Warm oil in large skillet over medium heat, add chicken, garlic onions, salt and pepper, stirring occasionally until chicken is done.
- Add carrots, cabbage and green onions, cook for 2 more minutes.
- Combine sauce ingredients in a small bowl, add to pan, stir until combined
- Spoon into individual lettuce cups.

