

## Take-Out, Fake-Out Chicken Lettuce Wraps

Yield: 8-10 lettuce wraps (serves 2)

Prep Time: 20 minutes | Cook Time: 10 minutes

### INGREDIENTS:

2 large boneless, skinless, chicken breasts or 5 tenderloins, cooked  
(boil in water for 7 minutes) and finely chopped

4 tbsp. low-sodium soy sauce

4 tsp. dark brown sugar

1 tsp. rice wine vinegar

2 tbsp. vegetable oil

1 tbsp. sesame oil

1/2 white onion, finely chopped

3 cloves of garlic, minced

1 8 oz. can of water chestnuts, drained and finely chopped

1/2 cup reconstituted shiitake mushrooms, finely chopped

Romaine or boston lettuce



### INSTRUCTIONS:

In a small bowl, whisk together soy sauce, brown sugar, rice wine vinegar, and vegetable oil. Set aside.

In a large skillet, add the sesame oil then add the onion, garlic, water chestnuts, and shiitake mushrooms. Cook the veggies until tender, about 5 minutes.

Add the finely chopped chicken to the skillet then pour the sauce you created in step 1 over the entire mixture. Stir to combine. Let cook together for 3-5 minutes.

Serve hot in beds of the romaine or boston lettuce with a side of stir-fried veggies. Enjoy!

### Nutritional Info: (per serving)

Calories 270

Protein 35g

Carbohydrates 16g