



Chicken Lettuce Wraps

Makes 4 servings

Ingredients

- 3 green onions, sliced
(Keep white and green parts separate.)
- 6 ounces cooked chicken breast, cut into strips
- ½ medium green bell pepper, chopped
- 3 tablespoons balsamic vinegar, divided
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon ground white pepper
- ⅛ teaspoon crushed red pepper flakes
- 1 cup shredded cabbage
- 8 leaves Bibb lettuce
- 2 tablespoons water
- 1 tablespoon low-sodium, gluten-free soy sauce
- 1 tablespoon hoisin sauce

Directions

1. In a blender, combine white part of the green onions, chicken breast, green bell pepper, 1 tablespoon vinegar, oil, white pepper and crushed red pepper flakes. Cover and pulse until mixture is finely chopped. Transfer to a medium bowl and add the cabbage. Stir to combine.
2. Place 2 tablespoons of the mixture in the center of each lettuce leaf. Make wraps by folding the bottom up, sides in and rolling.
3. In a small bowl, whisk together green part of the green onions, remaining vinegar, water, soy sauce and hoisin sauce.
4. Serve wraps with dipping sauce. Enjoy!



MAIN DISH



TIP

This is a great take-to-work lunch option! Simply store a few Bibb lettuce leaves separately from the chicken mixture in a cooler — and don't forget a side of dipping sauce too!

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 2 wraps with 2 tablespoons dipping sauce (162g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 260mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 15g	
Vitamin A 30%	Vitamin C 40%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Carb choices per serving: ½