



Chicken Lettuce Wraps

Ingredients:

- 10-12 lettuce leaves of choice (romaine or butter lettuce works best)
- 1 lb lean ground chicken
- 1 TBSP olive oil
- 1 onion, diced
- 1 garlic clove, minced
- 1 tsp ground ginger
- 1 TBSP honey
- 2 TBSP rice vinegar
- 1/4 cup low-sodium soy sauce or coconut aminos
- juice of 1 lime

Directions:

1. Heat the olive oil, diced onion, and minced garlic in a pan over medium-heat; Add ground chicken and cook for about 6-8 minutes until fully cooked; Remove from heat and set aside
2. Prepare sauce; Mix remaining ingredients in the same pan over medium heat until well-combined
3. Add ground chicken back into pan with sauce
4. Serve with lettuce leaves

5. ^{Cookware needed:} Enjoy!

- Cutting board
- Large pan
- Serving plates



Cost: \$ \$ Ease: 

Lean ground chicken is an excellent source of protein to promote fullness, maintain healthy bones, and support muscle growth. Lettuce contains B vitamins to support metabolism and fiber to boost bowel health. Ginger supports the functions of the digestive system, while onions and garlic support immune system functioning.