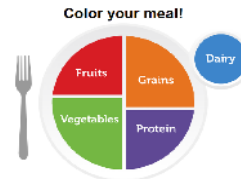




# CHICKEN LETTUCE WRAPS



MyPlate.gov

## Ingredients:

**1lb ground chicken**

**1/2 onion, chopped**

**2 cloves garlic, minced**

**1 tbsp fresh ginger, minced**

**1 cup celery, chopped**

**1 carrot, grated**

**12 lettuce leaves**

**1/4 cup peanuts, chopped**

**2 tbsp soy sauce**

**1 tbsp sugar**

**1 tbsp white vinegar**

**1 tsp chili powder**

**1 tbsp canola oil**

**salt & black pepper, to taste**

## Directions:

1. In a small bowl, combine soy sauce, sugar, and vinegar to make sauce. Set aside.
2. Heat oil in a pan. Add onion and cook for 3 minutes.
3. Add garlic, ginger, celery, and ground chicken. Sauté until chicken is cooked through.
4. Add carrot, sauce, and chili powder. Cook for 2 minutes.
5. Roll 1/2 cup of filling into each lettuce leaf. Sprinkle with peanuts and serve.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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