



Thai Chicken Lettuce Wraps

Directions:

1. Heat olive oil over medium heat in a large sauce pan. When the oil is heated, add the onion, garlic, and cook until they are slightly browned. Add the cashew nuts and soy sauce. Stir to combine well.
2. Add shredded chicken and toss to combine. Heat through. Add the cilantro and turn off the heat.
3. To assemble the lettuce wraps, spoon the filling onto the middle of the romaine lettuce, and drizzle with sauce.

Nutrition Facts: 324 cal, 14 g fat, 16 g carb, 28 g pro, 525 mg Na+, 1 g fiber

Ingredients:

1/2 Tablespoon olive oil
1 yellow onion, finely diced
1 garlic clove, minced
1 pound chicken breasts, cooked and shredded
4 ounces whole roasted cashew nuts
2 Tablespoons low-sodium soy sauce
1 tablespoon cilantro leaves, rough chop
4 romaine lettuce leaves

Sauce Ingredients:

1/2 cups Thai sweet chili sauce
1 Tablespoon lime juice
2 Tablespoons cilantro leaves, rough chop

Yield: 4 servings

Time: 30 minutes