



GRILLED CHICKEN LETTUCE WRAPS

SUBMITTED BY: Monica Stanton, Director - Support Services

This is a healthy and fun twist on tacos that the whole family will enjoy!

DIRECTIONS:

1. In a bowl, mix together the marinade ingredients (use only 1 Tbsp of sesame seeds) and add the boneless chicken breasts. Turn to coat. Cover and marinate in fridge for 1 hour. (can marinate for up to 8 hours if making ahead)
2. Place chicken on greased grill over medium heat. Grill about 12 minutes, turning once. Cut into strips and sprinkle with remaining sesame seeds.
3. Make sauce and place in small dish.
4. Wash and dry individual lettuce leaves
5. Arrange lettuce leaves on a platter and place rice and toppings in small bowls.
6. Each diner to spoon rice, chicken, toppings and sauce onto individual lettuce leaves.

INGREDIENTS:

Marinade Ingredients:

- 3 Tbsp Soy Sauce (low-sodium)
- 2 Tbsp Sake or Dry Sherry
- 2 Tbsp Toasted sesame seeds
- 4 tsp Granulated sugar
- 2 Garlic cloves, minced
- 1 Tbsp Fresh ginger, grated
- 1 Tbsp Sesame oil
- 1 Green onion, minced
- 4 Chicken breast, boneless

Sauce:

- 1 tsp Chili garlic sauce
- 1 Tbsp Rice vinegar
- 2 tsp Granulated sugar
- 2 tsp Soya sauce, low-sodium
- 1 tsp Sesame oil (if you like it spicy you can add hot pepper sauce (eg. ½ tsp Tabasco) or to taste!

Wrap Ingredients:

- 1 Head of Romaine, leaf or Iceberg lettuce
- 2 cups Cooked brown rice

Toppings:

Shredded carrots, watercress, sprouts, thinly sliced garlic, sliced cucumbers, cilantro - whatever you'd like!