

# Tasty - Tender Asian Chicken Wraps



MAKES 6 - 8 SERVINGS

## Ingredients:

- 3 skinless, boneless chicken breasts
- ½ c water
- 3 gloves garlic, minced
- 1 red bell pepper, cored and finely chopped
- ½ c finely chopped yellow onion
- ¼ c honey
- 4 Tbsp soy sauce
- Salt and freshly ground black pepper to taste
- 1 can (8 oz) sliced water chestnuts, drained and rinsed
- 1 ½ c cooked brown rice
- 3 green onions, sliced
- 1 ½ Tbsp rice vinegar
- 1 ½ tsp sesame oil
- 2 heads iceberg lettuce, separated into leaves



## Directions:

Place chicken, ½ cup water, garlic, red pepper, yellow onion, honey, soy sauce, and salt and pepper in slow cooker. Cover and cook on low, approximately 6 hours or until chicken is thoroughly cooked. Remove chicken from slow cooker, shred with a fork, and place back in slow cooker. Stir in water chestnuts, cooked rice, green onions, rice vinegar, and sesame oil. Allow mixture to heat through, approximately 3-5 minutes. To serve, scoop mixture into lettuce leaves.