

Tasty–Tender Asian Chicken Wraps

Makes 7 servings · about 2 lettuce wraps each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 14 g · Fiber 1 g · Calories 185	

Ingredients

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

Directions

1. Place the chicken, water, garlic, red pepper, onion, honey, soy sauce, and salt and pepper in a slow cooker.
2. Cover and cook on low about 6 hours, until cooked through.
3. Remove the chicken, shred with a fork, and return to the cooker.
4. Stir in the water chestnuts, rice, green onions, rice vinegar, and sesame oil; heat through 3–5 minutes.
5. Scoop into lettuce leaves to serve.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Tasty–Tender Asian Chicken Wraps

Makes 7 servings · about 2 lettuce wraps each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 3 cloves garlic
- ☐ 1 red bell pepper
- ☐ 1 medium onion (about ½ cup chopped)
- ☐ 3 green onions
- ☐ 2 heads iceberg lettuce, separated into leaves

MEAT & POULTRY

- ☐ 3 skinless, boneless chicken breasts

PANTRY & DRY GOODS

- ☐ 4 Tbsp soy sauce
- ☐ 1 can (8 oz) water chestnuts
- ☐ 1½ cups cooked brown rice

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Salt
- ☐ Black pepper
- ☐ Rice vinegar
- ☐ Sesame oil