

LUNCH OR DINNER — MAIN DISH

Buffalo Chicken Lettuce Wraps

Makes 5 servings · about 2 wraps each

SATIETY SCORE	NUTRITION
4 / 5	MEDIUM
Per serving (approx.): Protein 20 g · Fiber 1 g · Calories 300	

Ingredients

- Wrap: 1 lb chicken breast, cooked and shredded
- Wrap: ¼ cup buffalo sauce (or to preference)
- Wrap: 4+ lettuce leaves (romaine, butter, Boston, etc.)
- Sauce: ½ cup unsalted butter
- Sauce: ⅔ cup hot sauce
- Sauce: 1 Tbsp white vinegar
- Sauce: 1 tsp paprika
- Sauce: ½ tsp Worcestershire sauce
- Sauce: ¼ tsp cayenne pepper
- Sauce: ⅛ tsp garlic powder
- Sauce: salt to taste

Directions

1. Make the sauce: melt the butter in a small saucepan over low-medium heat, add the remaining sauce ingredients, and simmer, whisking often. Salt to taste and let cool to thicken.
2. Combine the warmed shredded chicken with the buffalo sauce.
3. Spoon about ¼ cup into each lettuce leaf.
4. Add desired toppings and serve.

Note: Optional toppings: sliced red onion, halved cherry tomatoes, sliced avocado, shredded cheese, plain Greek yogurt.

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

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

PRODUCE

- ☐ 4+ lettuce leaves (romaine, butter, Boston, etc.)

MEAT & POULTRY

- ☐ 1 lb chicken breast

DAIRY & EGGS

- ☐ ½ cup unsalted butter

PANTRY & DRY GOODS

- ☐ ¼ cup buffalo sauce
- ☐ ⅔ cup hot sauce
- ☐ ½ tsp Worcestershire sauce

CHECK YOUR PANTRY

- ☐ White vinegar
- ☐ Paprika
- ☐ Cayenne pepper
- ☐ Garlic powder
- ☐ Salt