

Asian Mushroom Chicken Lettuce Wraps

INGREDIENTS

1 head of Boston lettuce, butter lettuce or iceberg lettuce

1 cup mushrooms sliced

1.5 - 2 pounds thin cut boiled chicken breast

3 garlic cloves chopped (Or minced garlic in a jar)

1 red bell pepper diced

1 can bamboo shoots drained

1 tablespoon Fibergy fiber supplement

1 TBSP "Braggs Amino Acids" (Soy Sauce alternative)

3 scallions chopped

3 TBSP Hoisin sauce (in the grocery isle with asian noodles) This is what makes it have the great flavor, but it is NOT Low glycemic, so go easy on the Hoisin sauce.

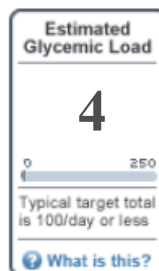


DIRECTIONS

1. Pre-cook chicken breasts by boiling.
2. Slice into thin strips when cool enough to handle. (Can be done the day before.)
3. Cut out the core from a head of Boston lettuce, butter lettuce, or even iceberg
4. Wash the lettuce and chill lettuce leaves in bowl of ice water.
5. Preheat a large non-stick skillet to high and add chicken, garlic and scallions.
6. Stir fry until chicken is heated throughout.
7. Add the chopped pepper, bamboo, and mushrooms. Cook for another minute. (If you want to add any bean sprouts now is the time)
8. Mix together in a bowl the Fibergy, hoisin and soy sauce.
9. Add sauce mixture to other ingredients to coat evenly.
10. Transfer the hot chicken to a platter.
11. Remove lettuce from ice bath and pat dry.
12. To eat each person takes a lettuce leaf and fills with desired amount of mixture. Lettue can be folded into a "cup" so it's kind of taco-shaped, or wrap the lettuce around the filling into a warp.

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Nutrition Facts	
Serving Size 325 g	
Amount Per Serving	
Calories 236	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 98mg	33%
Sodium 381mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	22%
Sugars 5g	
Protein 41g	
Vitamin A 47%	Vitamin C 73%
Calcium 5%	Iron 13%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	