

RECIPE

STIR FRY CHICKEN, CREMINIS, CHILES, CASHEW NUT IN LETTUCE WRAP

Ingredients: (4 servings)

1 Tbsp	Canola Oil	¼ cup	Chicken Stock, low Sodium canned or from scratch
2 ea.	Cloves Garlic, minced	2 Tbsp	Soy Sauce, light
1 Tbsp	Fresh Ginger, peeled and chopped	¼ cup	Hoisin Sauce
4 ea.	Green Onion, chopped	2 tsp	Cornstarch
1 ea.	Serrano Chili, chopped	¼ tsp	Kosher Salt
8 ea.	Cremini Mushroom, 1/4" slice	¼ tsp	Pepper
1 ea.	Carrot, minced	½ bunch	Cilantro, chopped
½ ea.	Red Bell Pepper, minced	16 ea.	Butter Lettuce cups
4 cups	Napa Cabbage, thinly sliced	4 Tbsp	Cashews, toasted and chopped
10 oz.	Chicken Breast, boneless, skinless, 1/2" dice	¾ cup	Brown Rice
		1 ½ cups	Water

Directions

Preparation time = 15 minutes

Cook time = 30 minutes

1. Place rice into a saucepot with water. Bring to a boil over medium heat. Reduce the heat to low, cover the rice and simmer for 30 minutes. Set aside.
2. Rinse all the produce. Prep the following:
 - Mince the ginger and garlic. Set aside.
 - Rinse the lettuce and gently pull apart the leaves to make cups. Place in refrigerator covered with a damp paper towel to crisp until ready to complete the meal.
 - Carrots: Remove the end with the stem. Slice lengthwise into ¼ inch slices, then cut into ¼ inch strips, stack the strips then dice into very small ¼ inch pieces.
 - Green Onion: Slice the green onion on the bias from top to root end.
 - Red Bell Pepper: Slice the tops of the pepper, remove the seeds and slice into ¼ inch strips. Stack the strips and slice into ¼ inch pieces.
 - Serrano Chile: Remove the end with the stem. Cut the pepper in half. Remove the seeds and mince. Set aside.
 - Cremini Mushrooms: Slice the mushrooms in half lengthwise. Slice the mushroom into ¼ inch slices, turn the mushroom a ¼ turn and then dice into ¼ inch pieces.
3. On a cutting board for raw protein, mince the chicken into very small cubes.
4. Make the sauce: In a bowl combine soy sauce, hoisin sauce, chicken stock and cornstarch.
5. Toss cashews in a hot sauté pan for 1 minute until fragrant. Remove from the pan and set aside.
6. This stir fry will cook very quickly. Preset 4 plates with 2 lettuce cups. Heat a wok or large fry pan, preferably non-stick, over high heat for 1 minute. Add 1 Tablespoon canola oil and swirl to coat the pan. Add garlic, ginger, peppers, green onion, and carrots. Stir fry for 3 to 5 minutes until carrots are tender but firm. Add the Napa cabbage and stir fry for 1 minute. Move the vegetables to the side of the pan and add the chicken and mushrooms. Sear for 1 minute before turning. Add the sauce, salt, pepper and cilantro. Mix well. Continue to cook for 2-3 minutes to cook chicken completely.
7. Divide the rice into each lettuce cup to make a base. Top with stir fry and garnish with toasted cashews and hoisin sauce.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
377	11g	2g	47g	25g	6g	838mg