

BUFFALO CHICKEN LETTUCE WRAPS

SERVES: 6 | SERVING SIZE: 2 lettuce wraps | PREP: 20 minutes | READY: 45 minutes

INGREDIENTS

- 12 artisan romaine lettuce leaves (baby romaine lettuce)
- 1 tablespoon canola oil
- 1/3 cup diced onion
- 1/3 cup diced celery
- 1 pound ground chicken breast
- 3 tablespoons tomato paste
- 3 tablespoons hot sauce (such as Frank's RedHot Original Cayenne Pepper Sauce)
- 1 tablespoon apple cider vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon sugar
- 3/4 cup shredded carrot
- 3/4 cup shredded red cabbage
- 3/4 cup crumbled blue cheese



DIRECTIONS

Rinse and pat dry whole lettuce leaves, taking care not to tear them. Refrigerate leaves until ready to use.

To prepare chicken filling, heat oil in a large skillet over medium heat. Add onion and celery and sauté 2 to 4 minutes, allowing vegetables to soften slightly. Add ground chicken and continue to cook until chicken is no longer pink, about 5 minutes. To the chicken mixture, add tomato paste, hot sauce, vinegar, Worcestershire sauce, and sugar. Stir mixture well and continue to cook until heated through and bubbly, about 5 minutes.

To prepare one serving, take two lettuce leaves and fill each one with a 1/4 cup buffalo chicken filling. Top each wrap with 1 tablespoon shredded carrot, 1 tablespoon shredded red cabbage, and 1 tablespoon crumbled blue cheese.

NUTRITION INFORMATION PER SERVING

187 calories, 8 g total fat, 3 g saturated fat, 0 g trans fat, 61 mg cholesterol, 497 mg sodium, 6 g total carbohydrate, 1 g dietary fiber, 3 g total sugars, 1 g added sugars, 22 g protein, 0 mcg (0%) vitamin D, 98 mg (8%) calcium, 1 mg (6%) iron, 220 mg (4%) potassium

