



Grilled chicken

6 oz grilled chicken
(finely chopped)



Green onion

2 green onion
(scallion)
(thinly sliced)



Carrots

6 tsp julienne
or matchstick
carrots



lettuce leaves

6 large lettuce leaves
(Boston or Bib lettuce
work well)

Asian peanut
sauce

6 tsp
Asian peanut sauce



Chicken Lettuce Wraps



Ingredients





Amount per serving
65 Calories



Chicken Lettuce Wraps



1. Place all ingredients in separate bowls

Directions



Diabetes
360°



Chicken Lettuce Wraps



2. Begin by laying a piece of lettuce on a plate.
Top with chicken,
peanut sauce, carrots, and scallions.
Roll to enclose filling.

Directions