



Chicken Stir Fry Wraps

Prep Time: 30 minutes

Cook Time: 15 minutes

Total Time: 45 minutes

Servings: 4

Serving Size: 2-3 wraps, filled with about 2 ounces chicken and veggies

Ingredients:

1 1/2 lbs boneless, skinless, organic chicken breast, halved horizontally and thinly sliced
1/4 teaspoon coarse salt
1/4 teaspoon ground black pepper
2 tablespoons coconut oil
1 large onion, halved and thinly sliced
1 large red bell pepper, ribs and seeds removed, thinly sliced
3 garlic gloves, minced
1 1/2 teaspoons grated peeled ginger
1/4 teaspoon red pepper flakes
6 tablespoons low sodium soy sauce
6 tablespoons rice vinegar
1 1/2 teaspoons cornstarch mixed with one tablespoon water
12 to 16 Boston lettuce leaves (about 2 heads)

Directions:

1. Combine soy sauce, rice vinegar, cornstarch and water in a small bowl with a whisk and set aside.
2. Season chicken with salt and pepper. In a large nonstick skillet, heat 1 tablespoon oil over high heat. Add half the chicken; cook, stirring constantly, until opaque throughout (about 3-4 minutes). Transfer to a plate and tent with tin foil to keep warm and then repeat with remaining chicken.
3. Add the remaining tablespoon oil to pan, along with the bell pepper and the onion. Cook, stirring constantly until onion is tender and golden, about 4 minutes. (Reduce heat if browning too quickly.)
4. Reduce the heat to medium; add the garlic, ginger, and red pepper flakes to the pan; cook, stirring constantly until fragrant, about 30 to 60 seconds.
5. Add the chicken back to the pan and then stir in the soy sauce mixture and remove from the heat. Toss well to coat.
6. Serve in lettuce leaves like a wrap

Tips and Tricks:

Boston lettuce can be substituted for another lettuce like iceberg or bib lettuce.

If you prefer not to use the wraps, this meal tastes great served over brown rice as well.

Nutritional Information Per Serving:

Calories: 297
Fat: 11.5 g
Cholesterol: 105.4 mg
Sodium: 869.6 mg
Total Carbohydrate: 6.8 g
Dietary Fiber: 1.5 g
Sugars: 0.2 g
Protein: 40.1 g