

# Chicken Lettuce Wraps Recipe



**PREP TIME:**  
20 MINUTES

**COOK TIME:**  
15 MINUTES

**TOTAL TIME:**  
35 MINUTES

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**Recipe type:** Gluten Free / Dairy Free

**Yield:** 4-6 Servings

## **Chicken Ingredients:**

- 1 lb. Organic Ground Chicken
- 1 TBSP Extra Virgin Olive Oil
- 2 Garlic Cloves - minced
- 1/4 Large Onion (red has more flavor)- Diced
- 2 oz. Organic Veggie Broth
- 1 TBSP Coconut Aminos
- 1 TBSP Tamari (Gluten Free Soy Sauce)

## **Veggie Ingredients:**

- 1 TBSP Extra Virgin Olive Oil
- 1/3 Large Red Onion - Diced
- 1 Cup Diced Carrots
- 1 Medium Zucchini – Diced
- 3/4 Cup Shredded Red Cabbage
- 8 oz. Package Baby Portabella Mushrooms – Diced (trim ends of stem)
- 8 oz. Water Chestnuts - Diced
- 6 oz. Organic Veggie Broth
- 1 TBSP Tamari (Gluten Free Soy Sauce)
- 2 TBSP Coconut Aminos
- 1 Head Organic Butter Lettuce

**Chicken Instructions:**

1. Add olive oil to pan and put on medium heat.
2. Add Onion and Cook Down 5 minutes, add Garlic.
3. Cook for 2 minutes. Add all chicken to pan. Stir and cook until no longer pink – about 8-10 minutes.
4. Add Coconut Aminos and Tamari. Let sit on low/warm.

**Veggie Instructions:**

1. Add olive oil in pan and put on medium heat.
2. Add Onion and cook down for 2 minutes.
3. Add Carrots and cook for 2 minutes.
4. Add ½ of veggie broth to speed up softening process. Simmer 5 minutes.
5. Add zucchini and cabbage. Cook 5 minutes.
6. Add mushrooms and cook another 3-5 minutes.
7. Lastly add the water chestnuts.

**Lettuce Wrap Instructions:**

1. Separate leaves and rinse under cold water. Set on paper towels to dry.
2. Place veggies and chicken into lettuce cups, roll and enjoy!

***Time Saving Tip:*** Simultaneously cook both chicken and veggies in separate pans to save time.

**\*Try and use all organic ingredients if possible.**

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