

Move over P.F. Chang's, these easy chicken lettuce wraps are even better! With ground chicken, fresh veggies, and a sweet-savory sauce. Yum!

### **INGREDIENTS:**

- 1/2 cup hoisin sauce
- 1/4 cup reduced-sodium soy sauce plus 1 tablespoon, use tamari to make gluten free
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil
- 1 tablespoon extra-virgin olive oil
- 2 pounds ground chicken breast
- 1 small bunch green onions thinly sliced, white/light green and dark green parts divided
- 1 tablespoon freshly grated ginger
- 2 cloves garlic minced (about 2 teaspoons)
- 8 ounces baby bella cremini mushrooms finely chopped
- 1 1/2 cup grated carrots from about 3 large carrots
- 1/2 teaspoon red pepper flakes reduce to 1/4 teaspoon or omit if sensitive to spice
- 2 cans water chestnuts, drained and finely chopped (8 ounce cans) drained and finely chopped
- 2 heads butter lettuce



## **INSTRUCTIONS:**

1. Lightly coat a 5-quart or larger slow cooker with nonstick spray. In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
2. Heat the olive oil in a large skillet over medium high. Add the chicken and brown the meat, breaking it into small pieces. Continue cooking until no longer pink, about 4 to 6 minutes. Stir in the white and light green parts of the green onions, ginger, and garlic. Cook 30 additional seconds.
3. Transfer the meat mixture to the slow cooker. Stir in the chopped mushrooms, carrots, red pepper flakes, and sauce. Cover and cook on LOW for 2 to 3 hours until the mixture is thickened and the chicken is ultra tender. (Do not be tempted to cook on HIGH, as the chicken will become tough.) Stir in the water chestnuts and green parts of the green onions.
4. To serve, separate the butter lettuce leaves and fill with the chicken mixture. Enjoy hot.

### Notes

- TO MAKE ON THE STOVETOP: Prepare the recipe through step 2 in a large, deep skillet or Dutch oven. Add the chopped mushrooms, carrots, red pepper flakes, and sauce. Reduce the heat to low and let cook until the chicken and mushrooms are very tender and the sauce has thickened, about 15 to 20 minutes. Check and stir periodically. Stir in the water chestnuts and green tops of the green onions. Enjoy!
- Do not cook this recipe on high in the slow cooker. The filling does best over low heat so that it becomes nice and tender.
- TO STORE: Leftover filling can be stored in an airtight storage container in the refrigerator for up to 4 days. Store your lettuce separately in an airtight container or zip-top bag in the refrigerator.
- TO REHEAT: Gently rewarm the filling in a large skillet on the stove over medium-low heat. You can also reheat this recipe in the microwave. Fill lettuce cups just before serving.
- TO FREEZE: Place leftover filling in an airtight freezer-safe storage container in the freezer for up to 3 months. Let thaw overnight in the refrigerator, and serve with fresh lettuce cups.

## Nutrition

**SERVING:** 1(of 8), about 1 cup filling

**CALORIES:** 247kcal **CARBOHYDRATES:** 21g **PROTEIN:** 28g **FAT:** 5g **SATURATED FAT:** 1g **CHOLESTEROL:** 60mg **FIBER:** 2g **SUGAR:** 10g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.