Chicken Lettuce Wraps

Serves 6 | Ready in 20 mins

2 wraps contains 15 grams of protein!



Ingredients:

1 Tbsp vegetable oil
16 oz ground or chopped chicken
½ chopped onion
2 stalks chopped celery
1 grated carrot
2 garlic cloves, minced
1-inch piece of ginger, minced
¼ cup Teriyaki Sauce
12 large outer lettuce leaves, rinsed and patted

Directions (stove top or skillet):

1. Heat 1 T vegetable oil in the bottom of a skillet
2. Add onion and cook for 3 minutes
3. Add garlic, ginger, celery, and ground chicken
4. Sauté until chicken is cooked through
5. Add carrot and sauce. Cook for 2 more minutes.
6. Roll about ½ cup of filling into each lettuce leaf like a taco.