



## Chicken Lettuce Wraps with Sweet and Spicy Sauce

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You can serve these casual wraps buffet style. Arrange the lettuce leaves on a large platter, spoon the chicken salad in a bowl, and place the sauce in a small bowl on the side. Let people assemble their own wraps since this is one less step for the cook.

### Ingredients:

- 3 tbl unsalted, dry-roasted peanuts
- 3 tbl hoisin sauce
- 2 tbl cider vinegar
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon bottled ground fresh ginger (such as Spice World)
- 1 teaspoon dark sesame oil
- ½ teaspoon crushed red pepper
- ½ teaspoon bottled minced garlic
- 2 cups packaged cabbage-and-carrot coleslaw
- 1 cup canned sliced water chestnuts, drained
- 8 ounces grilled chicken breast strips (such as Louis Rich)
- 12 Bibb lettuce leaves

### Directions:

- Place peanuts in a small nonstick skillet over medium-high heat; cook 3 minutes or until lightly browned, shaking pan frequently. Remove pan from heat; set aside.
- Combine hoisin, vinegar, soy sauce, ginger, oil, pepper, and garlic in a small bowl, stirring well with a whisk.
- Combine peanuts, coleslaw, water chestnuts, and chicken in a medium bowl; toss well.
- Spoon about ⅓ cup chicken salad in the center of each lettuce leaf; top each with 2 teaspoons sauce. Roll up; secure with a wooden pick.

**Yield:** 4 servings (serving size: 3 wraps)

**Nutritional Information:** Calories 197 (34% from fat); Fat 7.4g (sat 1.4g, mono 2.9g, poly 2.1g); Iron 1.9mg; Cholesterol 37mg; Calcium 40mg; Carbohydrate 18.2g; Sodium 825mg; Protein 16.5g; Fiber 3.4g

Recipe Source: Cooking Light, JUNE 2006

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.

Heartland Health – Wellness Connections  
5325 Faraon, St. Joseph, MO 64506  
816-271-7808  
[www.heartland-health.com](http://www.heartland-health.com)