

RECIPE

Orange Chicken Lettuce Wraps

4 servings

Ingredients

For the Dressing:

- 2 large navel oranges
- 1 teaspoon canola or olive oil
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon honey
- 1/2 teaspoon poppy seeds, optional
- pinch of pepper
- 1/8 teaspoon sea salt

For the Filling:

- 1/2 cup shredded carrot
- 1/2 cup shredded zucchini
- 1/4 cup shredded radishes
- 1 1/2 cups grilled chicken breast strips, cut into 1 inch pieces

To Assemble the Lettuce Wraps:

- 2 heads of romaine lettuce, 12-leaves separated, washed and dried

Directions

- 1. For the Dressing:** Peel and separate one orange into segments - cut each segment into 1-inch pieces and set aside. Juice the remaining orange - you should have about 1/3 cup juice.
2. Place the orange juice in a small bowl and whisk in the oil, mustard, honey, poppy seeds, pepper and salt to make a dressing.
- 3. For the Filling:** In a large bowl toss together the carrot, zucchini, radishes and chicken. Pour dressing over vegetables and stir to coat.
- 4. To Assemble the Lettuce Wraps:** Lay the lettuce leaves out and place 1/4-cup salad on bottom part of each leaf. Gently fold in the sides around the salad and begin rolling up to form the wrap.
5. Place 3 lettuce wraps on each serving plate and serve.

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
227	6	1	15	28	4	156