

THAI CHICKEN LETTUCE WRAPS



SERVING SIZE

4



INGREDIENTS

ITEM

Grilled Or Rotisserie Chicken
English Cucumber, Seeded And Diced
Red Peppers, Grated
Tomatoes, Diced
Fresh Cilantro, Chopped
Green Onions, Sliced
Pb2 Or Pbf (Powdered Peanut Butter)
Unsweetened Almond Milk (Or Milk Of
Choice)

QUANTITY

16 Oz.
1 Cup
1 Cup
½ Cup
1 Bunch
3
⅓ Cup
2 Tbsp.

ITEM

Fresh Lime Juice
Garlic Clove, Crushed
Vinegar
Low-sodium Soy Sauce
Sesame Oil
Grated Fresh Ginger
Butter Lettuce

QUANTITY

1 Tbsp.
1
1 Tsp.
1 Tsp.
1 Tsp.
½ Tsp.
1 Head



PREPARATION

- Shred or cut the cooked chicken into small bite-sized pieces.
- In a large bowl, combine chicken, cucumber, red pepper, tomatoes, cilantro, and green onions. Toss gently to mix.
- In a small bowl, whisk together PB2, almond milk, lime juice, garlic, vinegar, soy sauce, sesame oil, and ginger until smooth and creamy.
- Add a splash more milk if needed to thin the sauce.
- Drizzle peanut sauce over the chicken mixture or serve it on the side for dipping.
- Spoon the chicken mixture into lettuce leaves, wrap, and enjoy immediately.