



Asian Lettuce Wraps with Chicken

Serves 12

Ingredients:

- 2 cups finely chopped cooked chicken
- 2 cups shredded cabbage with carrot (coleslaw mix)
- ¼ cup finely chopped green onions
- ¼ cup finely chopped peanuts
- 2 tablespoons snipped fresh cilantro
- 1 teaspoon minced fresh ginger
- ½ cup bottled Asian toasted sesame salad dressing
- 1 8-oz can crushed pineapple (juice-pack), drained
- 12 Bibb or green leaf lettuce leaves

Directions:

1. In a large bowl combine the first eight ingredients (through pineapple); stir to combine.
2. Spoon about 1/3 cup of the chicken mixture onto each lettuce leaf
3. Roll up.
4. Wraps can be covered and chilled up to 4 hours.

Nutrition Information based on 1 serving:

Calories: 113.5	Total Fat: 6.8 g	Total Carbohydrate: 5.5 g	Dietary Fiber: 1 g
Protein: 8 g	Sodium: 215.5 mg	Calcium: 17 mg	Iron: 0.4 mg