

Cashew Chicken Lettuce Wraps

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 4 tablespoons oyster sauce
- 4 tablespoons low-sodium soy sauce
- 2 tablespoons sesame oil or olive oil
- 2 garlic cloves, minced or grated
- 1 teaspoon fresh ginger, grated
- 1 teaspoon chili paste
- 1/3 cup raw cashews
- 8 Boston lettuce leaves
- Toppings (optional): thinly-sliced basil, sesame seeds

Directions

1. Place chicken in a resealable plastic bag with oyster sauce, soy sauce, and chili paste.
2. Let chicken marinate for 10 minutes.
3. Heat a large skillet over medium heat. Add 1 tablespoon of sesame or olive oil, garlic, ginger, and cook for 30 seconds or until fragrant.
4. Increase heat to medium high, add chicken and remaining oil. Stir-fry for about 5 minutes or until cooked through.
5. Once chicken is cooked, add cashews and cook for another 1–2 minutes.
6. Spoon mixture into individual lettuce leaves, top with basil and sesame seeds and serve.

Nutrition Facts

Serving Size (83g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 300mg **13%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 14g

Vitamin A 4% • Vitamin C 6%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

