



You'll love the flavors in this delicious and fun meal! Inspired by similar appetizer plates at The Rainforest Café and Chili's, the peanut-tomato sauce is a great accompaniment to the flavorful chicken and crunchy veggies. Non SCD family members may add Chow Mien noodles if desired.

Serves 4



Asian Chicken Lettuce Wraps

1 head butter lettuce or iceberg lettuce

4 boneless, skinless chicken breasts

4-5 large carrots, grated

1 large onion, peeled, stem and root removed

1 head broccoli, coarsely chopped

1/2 c. sliced almonds, roasted

2 Tbs. sesame seeds

2 Tbs. toasted sesame oil, divided

Sauce:

1 Tbs. toasted sesame oil

1/3 tsp. crushed garlic

1/2 c. peanut butter (peanuts and salt only)

1 1/2 c. Campbell's tomato juice

1 Tbs. honey

1/4 tsp. original Tabasco Sauce (or to taste)

Rinse lettuce and gently remove 16-20 leaves, allowing them to drain.

To make sauce, sauté crushed garlic in sesame oil for about 1 minute, or until fragrant. Add peanut butter, tomato juice, honey and Tabasco, stirring to combine. Heat on low, stirring occasionally.

Slice chicken crosswise into long thin strips. Cut onion top to bottom. Cut each half into thin wedges, making long thin pieces.

Stir fry onion and chicken in 1 Tbs. very hot sesame oil for about 4 minutes or until meat is no longer pink and onion begins to brown. Remove to a plate. In the same pan, stir fry broccoli, sesame seeds and sliced almonds in 1 Tbs. sesame oil until broccoli is bright green, 2-3 minutes.

To serve, on each plate, place 4-6 lettuce leaves, 1/4 each of the chicken mixture, broccoli mixture and grated carrots. Serve with warm peanut sauce. To eat, place some of each item in a lettuce leaf, top with sauce and eat with your hands. Fun!