

# Teriyaki Chicken Lettuce Wraps

@SFSTATECARES

PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVINGS: 6

## INGREDIENTS:

- 5-8 lettuce leaves, rinsed and patted dry
- 1 Tbsp cooking oil
- 1/2 onion, chopped
- 2 cloves garlic, minced or 1 tsp garlic powder
- 1 Tbsp ginger, minced or 1/2 tsp ground ginger
- 1 cup celery, chopped
- 1 lb (or 3 cups) ground chicken
- 1 carrot, grated or thinly sliced
- Salt and pepper, to taste
- 2 Tbsp teriyaki sauce
- *Optional: crushed red pepper flakes and peanuts for garnish*

## PREPARATION:

1. Wash and dry lettuce leaves, then set aside.
2. Heat oil in a pan over medium-high heat.
3. Add onion and cook for 3 minutes, or until onions appear translucent.
4. Add garlic, ginger, celery and ground chicken. Sauté until chicken has cooked through fully.
5. Add in carrots, salt, pepper, and teriyaki sauce and stir to combine.
6. Scoop chicken mixture onto lettuce leaves and enjoy!

*Note: Store leftover chicken mixture in the fridge and enjoy within 3 days.*

## CHEF'S NOTES:

Chicken can be substituted with another protein of your choice, such as tofu, tuna, ground beef, or pork!



RECIPE FROM EATFRESH.ORG