

Chicken & Cabbage Lettuce Cups

Servings: 4 (3 lettuce cups each)

Diet: Gluten-Free

Ingredients

- 2 tablespoons oil
- 1 pound chicken breasts, cubed or 1 pound ground chicken
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups cabbage, shredded
- 3 carrots, shredded or thinly sliced
- ½ of a red onion, diced
- 1 jalapeno, minced
- 2 teaspoon low sodium soy sauce, divided
- 12 Romaine lettuce leaves
- 3 tablespoons peanut butter
- 1 teaspoon vinegar
- 1 teaspoon sugar or honey
- Optional: ½ cup peanuts, chopped

Instructions

STEP 1: Heat 2 tablespoons oil in a large skillet over medium heat. Season the chicken with salt and pepper. Cook the chicken until golden brown, about 8 minutes. Add the cabbage, carrots, red onion and jalapeno and toss with 1 teaspoon soy sauce.

STEP 2: In a small bowl, combine peanut butter, vinegar, soy sauce, sugar or honey and 4 tablespoons water. Stir until a smooth sauce forms, adding more water as needed.

STEP 3: Spoon 2 tablespoons chicken mixture on top of each lettuce leaf and drizzle with the peanut sauce. Sprinkle with chopped peanuts if using.



- **Make it Gluten-Free:** Use gluten-free soy sauce or tamari instead of regular soy sauce.
- **Ingredient Swap:** If you have a peanut allergy, any nut or seed butter works.



Per Serving: 330 Calories | 15g Carbs | 8g Sugar | 6g Fiber | 17g Fat (2.5g Sat Fat) | 31g Protein | 440mg Sodium
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