

(CHICKEN LETTUCE WRAPS

ALL YOU NEED:

- 1 (5 oz) can Hy-Vee chunk chicken breast in water, drained and flaked
- 2 tbsp shredded carrots
- 1 tbsp minced red bell pepper
- 2 tbsp Asian salad dressing
- 2 large leaf or romaine lettuce leaves
- 4 (11-by-4-inch) sheets parchment paper
- Twine



ALL YOU DO:

1. Stir together chicken, carrots, bell pepper and dressing in a small bowl.
2. Remove rib from center of lettuce leaves and cut leaves in half from top to bottom leaving two long, narrow pieces.
3. Spoon one-fourth of the chicken mixture onto the base of each leaf half and roll up.
4. Place one lettuce roll along the 4-inch edge of one piece of parchment paper.
5. Wrap halfway, then fold up bottom flap of paper and continue rolling.
6. Secure with twine.
7. Repeat with other 3 lettuce rolls. Cover and chill.

NUTRITION FACTS PER SERVING:

Calories: 130; Carbohydrate: 9 g; Dietary Fiber: 1 g; Fat: 6 g; Protein: 13 g; Saturated Fat: 1 g; Sodium: 710 g; Trans Fats: 0 g

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