



Chicken and Veggie Lettuce Cups

Top with your favorite sauce, we recommend the avocado and lime dressing!

U.S.

1 lb	Chicken breast, cut into 1 inch strips
2 heads	Broccoli, cut into small florets
1 small	Red onion, cut into 2" long thin strips
3 medium	Carrots, cut into 2" long thin strips
1 medium	Red Bell Pepper, cut into 2" long thin strips
2 small	Zucchini, cut into 2" long thin strips
2 Tbsp	Olive Oil
1/2 tsp	Salt
1/2 Tbsp	Oregano, fresh
1/2 tsp	Tumeric
1/2 Tbsp	Paprika
1 tsp	Cumin
1 tsp	Garlic, powder
1 each	Lemon, cut into 1/4 wedges

Metric

0.45kg
2 heads
1 small
3 medium
1 medium
2 small
30mL
3g
2g
1g
4.5g
3g
3g
1 each

To assemble:

8 leaves Romaine lettuce, cut in half to

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 375°F (190°C).
2. Cut all of the vegetables into thin strips that are about 2 inch long. If the vegetables are too big, they will not fit in the lettuce cups.
3. Line two baking sheets with tin foil or parchment paper.
4. On one baking sheet, lay out the chicken breast strips. On another baking sheet, arrange the vegetables in an even layer. Split the oil between the two pans and drizzle over the chicken and vegetables.
5. In a bowl, mix together the salt, oregano, tumeric, paprika, cumin and garlic powder. Split the seasoning mixture between the two trays, and sprinkle over the chicken and vegetables. Place the vegetables in the oven and bake until fork tender, about 10 minutes.
6. Squeeze the lemon over the chicken, leaving the wedges on the tray to bake with the chicken. Place the chicken in the oven and bake until an internal temperature of 165°F is reached, about 15 minutes.
7. Once the vegetables and chicken have cooled, combine the two in a bowl. Cut the romain lettuce in half to create lettuce cups that are about 5 inches long. To assemble the lettuce cups, place 3/4 cup of the chicken and vegetable mixture into each half of the lettuce.
8. (optional) Top with Avocado Lime Dressing (see separate recipe).

Nutrition Facts

8 Servings

Serving size **3/4 cup filling (2 lettuce cups)**

Amount per serving

Calories **140**

Total Fat 5 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 35 mg

Sodium 220 mg

Total Carbohydrate 10 g

 Dietary Fiber 3 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 15 g

Vitamin D 0 %

Calcium 4 %

Iron 8 %

Potassium 630 mg

Phosphorus 185 mg
