



Chicken and Veggie Lettuce Cups

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

U.S.

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken breast, cut into 1 inch strips	0.45kg
1 head	Broccoli, cut into small florets	1 head
1 small	Red onion, cut into 2" long thin strips	1 small
1 medium	Carrots, cut into 2" long thin strips	3 medium
1 medium	Red Bell Pepper, cut into 2" long thin strips	1 medium
1 small	Zucchini, cut into 2" long thin strips	1 small
2 Tbsp	Olive Oil	30mL
1/2 tsp	Salt	3g
1/2 Tbsp	Oregano, dried	2g
1/2 tsp	Tumeric	1g
1/2 Tbsp	Paprika	4.5g
1 tsp	Cumin	3g
1 tsp	Garlic, powder	3g
1 each	Lemon, cut into 4 wedges	1 each

To assemble:

8 leaves Romaine lettuce, cut in half to make 2 short, wide "cups"

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. Use your hands, a spoon, or a spatula to toss the chicken and vegetables to evenly coat them in the oil and seasonings.
6. Place the vegetables in the oven and bake until fork tender, about 10-15 minutes.
7. 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 10 minutes. Squeeze any remaining lemon juice over the chicken after baking.
8. Once the vegetables and chicken have cooled, combine the two in a bowl. Cut the romaine lettuce in half to create lettuce cups that are about 5 inches long. To assemble the lettuce cups, place 1/3 cup of the chicken and vegetable mixture into each lettuce cup.
9. (optional) Top with Avocado Lime Dressing or Avocado Crema (see separate recipes).

Nutrition Facts

8 Servings

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

Amount per serving

Calories **150**

Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	40 mg
Sodium	180 mg
Total Carbohydrate	10 g
Dietary Fiber	4 g
Total Sugars	4 g
Includes 0g Added Sugars	
Protein	16 g
Vitamin D	0 %
Calcium	5 %
Iron	8 %
Potassium	600 mg
Phosphorus	200 mg
