



## **ASIAN CHICKEN LETTUCE WRAPS**

*Courtesy of Jacque Hamilton, Executive Chef  
U.S. Olympic Training Center*

Serves 8

### **Step One:**

2 1/2 tablespoons Hoisin sauce 1/2  
teaspoon fresh ginger 2 1/2  
tablespoons plum sauce 1/2 teaspoon  
chili-garlic sauce 1/8 teaspoon five-  
spice seasoning

### **Step Two:**

2 1/2 teaspoons olive oil 1 pound Tyson® boneless skinless  
chicken breasts, diced 8 Iceberg lettuce leaves

### **Step Three:**

8 ounces asparagus 8 ounces red  
pepper, julienne cut 1 ounce sesame  
seeds, toasted 1 ounce cilantro, finely  
chopped

Step one: Combine all ingredients in step one to make the sauce.

Step two: Heat oil, and stir fry diced Tyson® chicken. Add sauce and continue to stir fry until well glazed and temperature reaches 165 degrees Fahrenheit.

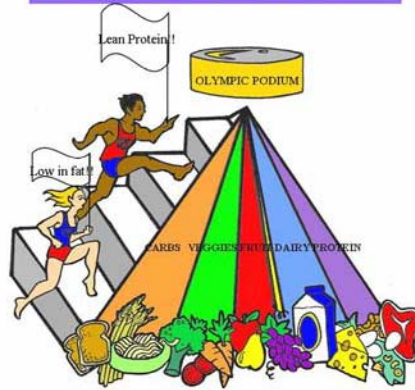
Remove from heat. Wrap 4 tablespoons chicken mixture in a lettuce leaf.

Step three: Add your favorite fresh vegetables like asparagus and red peppers to the lettuce wrap. These can be grilled to bring out the flavor.

Sprinkle with sesame seeds and cilantro. If desired, serve with your choice of plum or Sriracha chili sauce.

Every Athlete Has A Dream!  
Every Choice Makes A Difference!

# PROTEIN



## Lettuce Wraps

SERVING SIZE	1 each
CALORIES	98
CARBS	7g
PROTEIN	10g
FAT	3g
FAT %	28%
SAT. FAT	<1g
SODIUM	168mg
FIBER	1g