

ASIAN CHICKEN LETTUCE WRAPS

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Serve on big pieces of iceberg or Boston bibb lettuce with rice.

Yields: 6 servings (10.6 net cabs per serving)

Ingredients

- 2 pounds of ground chicken
- 1 medium-sized red bell pepper, diced
- 1/4 pound carrots, grated (1 cup)
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

Materials

- 1 gallon-sized plastic freezer bag

To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker.
3. Cook on “low” setting for 4-6 hours or until chicken is cooked through.
4. Break apart chicken and spoon onto lettuce wraps.