

Chicken Teriyaki Lettuce Cups

Filling Ingredients:

1/2 cup green onions
(sliced)
1/2 cup water chestnuts
(diced)
1 lb. ground chicken
1 head Bibb lettuce
(living lettuce)

Sauce ingredients:

1 large clove garlic (minced)
1/2 tsp. ginger (minced)
1 Tbs. honey
1/4 cup lite soy sauce
2 Tbs. Splenda®
brown sugar blend
2 Tbs. cornstarch
1 1/4 cups water



Filling:

Brown ground chicken in a large skillet over medium/high heat.

Add onions, water chestnuts and 1 cup of sauce to chicken. Simmer over low heat for three minutes.

Serve on clean lettuce leaves.

Yields four 3 oz. servings.

Calories per serving: 184

Sugar per serving: 8g

Sauce:

Combine 1 cup water, brown sugar, soy sauce, honey, garlic and ginger in a small saucepan over medium heat.

In a small bowl, combine the cornstarch with 1/4 cup water and whisk until dissolved. Add the cornstarch mixture to the saucepan.

Heat the sauce until it thickens to your desired thickness. If the sauce becomes too thick, add more water to thin it out.

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