

Chicken & Cabbage Lettuce Cups

A fun and innovative way to get both veggies and protein in a meal that kids will love. What is great about this recipe is that most of the ingredients can be found in your local food pantry.



Ingredients:

3/4 lb	Skinless Chicken Breasts (or 2 can's of diced chicken)
2 tbs	Peanut Oil (if you don't have peanut oil you can use oil of your choice)
1 tsp	Peanut Oil for tossing with the chicken (or oil of your choice)
1/4 tsp	Salt
1/4 tsp	Pepper
2 cups	Shredded Cabbage (you can shred yourself or use a bag of cabbage)
3	Carrots Shredded or 1 1/2 cups matchstick carrots
2 tsp	Soy Sauce – Divided
3 tbs	Peanut Butter
1 tsp	Vinegar
1 tsp	Sugar or Honey
12	Lettuce Leaves
1 tsp	Minced Jalapeno (optional)
1/2 cup	Chopped Peanuts (optional)

Directions:

1. Heat oil over medium heat
2. Cook Chicken 4 min on one side and flip and then cook for 3 min on the other side (you can substitute skinless chicken breasts for 2 cans of chicken)
3. Season chicken with Salt & Pepper & set aside on a cutting board to cool
4. Chop Chicken and return to Pan
5. Add cabbage and carrots to chicken and toss with 1 tsp of soy sauce and remaining peanut oil
6. In a small bowl combine, peanut butter, vinegar, the remaining soy sauce, sugar/honey, jalapenos*, and 4 tbs of water
7. Stir until a smooth sauce forms (add more water if need be)
8. Arrange Lettuce Leaves on platter and spoon 2 tbs of chicken in them
9. Drizzle peanut sauce and chopped peanuts on top