

CHICKEN LETTUCE WRAPS

WITH LIME CABBAGE SLAW & MANGO SALSA



DIFFICULTY

EASY



TIME

30 MIN



SERVES

8

INGREDIENTS FOR CHICKEN

- 1 Tbsp cooking oil (*avocado oil or olive oil*)
- 1½ lbs chicken thighs
- 1 tsp sea salt
- 2 cloves garlic, minced
- ½ tsp oregano
- 1 tsp cumin
- ¼ cup green chile salsa
- 1 tsp honey
- 2 Tbsp dry white wine or tequila
- 1 tsp chipotle powder or 1 chipotle in adobo, thinly sliced
- 2 Tbsp full fat coconut milk or vegan butter
- 1 Tbsp lemon or lime juice

DIRECTIONS FOR CHICKEN

1. Gather and measure out all of the ingredients.
2. Heat pot fitted with lid over medium high heat and add oil. When it starts to simmer, add chicken and sauté for 2-3 minutes or until 80% done.
3. Add garlic and sea salt. Cook for another 30 seconds.
4. "Stop" the cooking process by deglazing with white wine or tequila. Cook for 30 seconds and then turn setting to low.
5. Add green chile salsa, cumin and oregano. Simmer for 5 minutes.
6. Add in honey and lime juice.

NUTRITION FACTS PER SERVING

Calories: 336 Fat: 25g Carbohydrates: 43g Protein: 17g

LIME CABBAGE SLAW

- 2 cups cabbage, thinly sliced
- 3 Tbsp avocado or olive oil
- 2 Tbsp cilantro leaves, roughly chopped
- 1 Tbsp lime juice
- 1 tsp honey
- ¼ tsp salt
- ¼ tsp pepper

MANGO SALSA

- 1 cup mango, diced
- 1 Tbsp lime juice
- ½ tsp ground cumin
- 1 green onion, thinly sliced
- ¼ tsp salt
- ¼ tsp pepper

OPTIONS

- Lettuce leaves
- Heated tortillas
- Hot sauce
- Greek yogurt



CALIFORNIA SCHOOLS
VEBA

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