

SPICY CHICKEN LETTUCE WRAP

INGREDIENTS

- Non-stick cooking spray
- Garlic spray
- 1 Leek (white & green parts thinly sliced)
- 1/2 C Mayonaise (non-fat) **OR** Vegenaise
- 2 t Chile Garlic Sauce (Sambal Oelek)
- 1 t Mustard (Dijon)
- 1/2 t Sesame Oil (Asian)
- 2 lb Rotisserie chicken (skin & bones discarded) (meat pulled into bite size pieces)
- 1/3 C Water Chestnuts (coarsely chopped)
- 12 Bibb **OR** Boston **OR** Butter **OR** Iceberg lettuce leaves
- 1 Avocado (Hass) (peeled) (cut into 12 slices)
- Lime wedges (optional)



DIRECTIONS

- 1 Spray a saute pan with the non-stick cooking spray & the garlic spray
- 2 Add leeks & separate the 'circles' & spray them with the garlic spray
- 3 Cook the leeks on a medium-high heat, stirring frequently, until lightly browned & set aside
- 4 In a large bowl, mix the mayo **OR** vegenaise with the mustard & sesame oil
- 5 Mix in the leeks, chicken & water chestnuts
- 6 Spoon the chicken salad into the lettuce leave & top with a slice of avocado
- 7 Serve with lime wedges (optional)

NOTES

Makes 12 lettuce cups

Sambal Oelek (RCC)

