

## Healthy Chicken Lettuce Wraps (Similar to PF Chang's)



### Ingredients

- 1 pound ground chicken
- 2 teaspoons **sesame oil**
- 1 cup coarsely chopped shiitake mushrooms
- 6 basil leaves
- 1 Tablespoon + 2 Tablespoons **hoisen sauce**
- 1 Tablespoon + 2 Tablespoons **teriyaki sauce**
- ½ teaspoon + ½ teaspoon ginger
- 1 Tablespoon **gluten free soy sauce/tamari**
- 2 teaspoons garlic
- 1 teaspoon cornstarch
- \*Serve with mini or large pieces of lettuce and white or brown rice

### Instructions

- 1 Heat about 2t sesame oil in a large sauce pan on medium/high heat.
- 2 In a large bowl, mix together ground chicken, mushrooms, and basil leaves. Set aside.
- 3 Prepare initial marinade sauce by mixing together 1 tablespoon hoisen sauce, 1 tablespoon gluten free soy sauce, 1 tablespoon teriyaki sauce, 2teaspoons garlic, and ½ teaspoon powdered ginger. Pour marinade on top of ground chicken and mix until everything is thoroughly combined.
- 4 Once oil is heated, pour chicken mixture onto pan and sauté for about 8-10 minutes, or until chicken is almost cooked. Make sure to stir continuously.

While the chicken is cooking, prepare sauce round two. Mix together 2 tablespoons hoisen sauce, 2 tablespoons teriyaki sauce, ½ teaspoon ginger, and 1 teaspoon cornstarch.

**Great Resource for healthy recipes:** <http://fitfoodiefinds.com>