



Chicken Lettuce Wrap Bowl

Prep: 10 minutes

Cook: 8 minutes • Serves: 4

- 1. Brown Rice:** Prepare 1 (8.8-ounce) package ready to serve brown rice as label directs.
- 2. Ground Chicken:** Heat large skillet over medium-high heat; spray with cooking spray. Add 1 pound ground chicken; cook 8 minutes or until browned, breaking up chicken with side of spoon.
- 3. Soy Sauce:** Stir 1 tablespoon less-sodium soy sauce, ½ teaspoon garlic powder and ¼ teaspoon each salt and pepper into skillet.
- 4. Asian Chopped Salad Kit:** Set aside toppings from 1 (10.5-ounce) package Asian chopped salad kit with sesame dressing. In large bowl, toss chopped salad and dressing.
- 5. Lime Wedges:** Divide rice into 4 bowls; top with chopped salad mixture, chicken mixture, chopped salad kit toppings and 4 lime wedges.

Approximate nutritional values per serving (1 bowl):

*414 Calories, 22g Fat (4g Saturated), 97mg Cholesterol,
683mg Sodium, 32g Carbohydrates, 4g Fiber, 4g Sugars, 26g Protein*

Dietitian's Dish

- > Amaranth, quinoa and buckwheat are actually "pseudo-grains," which are normally included with true cereal grains (like barley and rice) because their nutritional profiles, preparations and uses are so similar.