

Buffalo Chicken Lettuce Wraps

This recipe features all the wonderful flavor found in traditional Buffalo wings - with none of the guilt!

As an added bonus, this satisfying one-pan meal comes together in less than 30 minutes.



natural
awakenings

Ingredients:

2 T. coconut oil
1 green bell pepper, finely
diced
2 celery stalks, diced
1½ lbs. rotisserie chicken
breast, shredded

2 t. onion powder
1 t. garlic powder
Salt and pepper, to taste
½ c. Frank's hot sauce
2 green onions, sliced

Prep time: 10 minutes
Cook time: 15 minutes
Serves: 4

To serve: 1 head Bibb or butter lettuce, leaves removed, washed and patted dry

Directions:

1. Melt the coconut oil in a large sauté pan over medium heat. Add the diced pepper and celery, and sauté until tender, around 5 minutes.
2. Add the chicken, onion powder, and garlic powder. Stir well and season with salt and pepper, to taste. Cook for 2-3 minutes, or until the chicken is heated through.
3. Add the hot sauce and sauté while stirring for another minute or two, until the sauce is heated through and everything is well coated. Remove from heat and stir in the sliced green onions.
4. To serve, fill Bibb lettuce cups with a few tablespoons of the chicken mixture and enjoy!.

Nutritional information (per serving)

Calories: 331
Protein: 49g
Carbohydrates: 5g
Dietary Fiber: 2g
Fat: 13.3g