

Cashew Chicken Wraps



Tip: For best results, heat the peanut butter in the microwave for 15-20 seconds before adding to the sauce. It is easier to blend when slightly warm.

Sauce Ingredients:

1/3 c. tamari (gluten-free soy sauce) or coconut aminos
2 T. sugar-free crunchy peanut butter, room temperature
3 T. honey, preferably local
2 T. rice vinegar
1-2 large garlic cloves, minced
1 T. sesame oil
1/2 t. crushed red pepper flakes*

For less heat, use 1/4 teaspoon crushed red pepper flakes instead

Ingredients:

1 lbs. boneless, skinless chicken breast, cubed
2 T. unsalted butter
3 large green onions, sliced (white and green parts separated)
1-2 cloves garlic, minced
Sea salt and black pepper, to taste
1 large head Bibb lettuce, separated, rinsed, and patted dry
1/2 c. chopped cashews, lightly salted

Directions:

1. Whisk together the tamari, peanut butter, honey, rice vinegar, garlic, sesame oil, and crushed red pepper flakes in a large bowl. Add the cubed chicken breast and gently toss to combine. Set aside.

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

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Directions continued:

2. Heat butter in a large nonstick skillet set over medium heat. Add white part of green onions and garlic. Season with salt and black pepper, to taste, and stir to combine. Cook, stirring occasionally, until the onion starts to develop some color, approximately 2-3 minutes.
3. Pour the chicken and sauce into the skillet and stir to combine. Cook, stirring occasionally, until the chicken is cooked through, and the sauce starts to thicken, approximately 8-10 minutes.
4. Remove from heat and divide the chicken mixture between the Bibb lettuce leaves. Top each wrap with the sliced green onions and chopped cashews and serve immediately. Enjoy!



. "The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." – Thomas Edison