

# CASHEW CHICKEN & LETTUCE WRAPS



VantageWellness.com

## Ingredients

Yields: 4 servings

- 3 tbsp low-sodium soy sauce
- 3 tbsp honey
- 1 1/2 pounds boneless, skinless chicken strips, cut into 3/4-inch pieces
- black pepper to taste
- 2 cloves garlic, finely chopped or 2 tsp preminced
- 1 tbsp grated ginger
- 1 8-ounce can sliced water chestnuts, drained
- 1/4 c roasted unsalted cashews
- 1/2 head of romaine lettuce leaves, washed and separated

## Directions

1. Combine the soy sauce and honey in a small bowl. Set aside.
2. Season the chicken with 1/2 teaspoon pepper and cook, stirring occasionally, until it begins to brown, about 5-10 minutes.
3. Lower heat to medium and stir in the garlic and ginger.
4. Stir in the water chestnuts and half the soy sauce mixture. Continue cooking until the chicken is cooked through. Remove from heat and sprinkle with the cashews.
5. Divide the lettuce leaves among plates and spoon the chicken over the top. Serve with the remaining soy sauce mixture for drizzling.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/4 of mixture	280	8 g	37 g	16 g	845 mg

Carbohydrate Exchanges: 1