

Lucky Lettuce Cups

Rating: ★★★★★

Makes: 4 Servings

“Me and my mom love to be in the kitchen! I was in Mandarin immersion at my school for three years, and when we had Chinese dumplings, I became interested in Chinese food,” recalls Cecily. “Mom and I experimented with these delicious Chinese-style lettuce cups. I love how the crunchy lettuce, peanuts, and veggies go with the tender rice. I like to have it with a side of grilled pineapple, Greek honey yogurt, and a good old glass of water!”

Ingredients

- 2 tablespoons** safflower oil
- 3/4 pound** boneless, skinless chicken breasts, cut into 1-inch cubes
- 4** scallions, thinly sliced, plus 2 scallions sliced diagonally, for garnish
- 2 tablespoons** piece fresh ginger, peeled and grated (2-inch)
- 2** large garlic cloves
- 1 cup** zucchini, cut into 1-inch cubes
- 1 cup** red bell pepper, cut into 1-inch dice
- 1 cup** yellow bell pepper, cut into 1-inch dice
- 1 cup** lightly salted roasted peanuts
- 1 cup** cooked short-grain brown rice
- 1 tablespoon** brown sugar
- 1 tablespoon** soy sauce
- 1 1/2 tablespoons** rice wine vinegar
- 1/2 teaspoon** salt
- 1/4 teaspoon** hot chile sauce (optional)
- 1** head butter lettuce, washed and separated

Directions

1. In a large sauté pan over moderate heat, warm 1 tablespoon oil. Add the chicken and sauté, stirring occasionally, until cooked through and brown, 5 to 7 minutes. Transfer to a plate and set



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	400	
Total Fat	28 g	43%
Protein	28 g	
Carbohydrates	19 g	6%
Dietary Fiber	6 g	24%
Saturated Fat	3 g	15%
Sodium	649 mg	27%

MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Protein Foods	2 ounces

aside. Do not wash the pan.

2. In the same pan over moderate heat, warm the remaining 1 tablespoon oil. Add the 4 thinly sliced scallions, along with the ginger and garlic and sauté, stirring occasionally, for 1 minute.

3. Add the zucchini, red and yellow bell peppers, peanuts, and rice, and cook, stirring occasionally, for 3 minutes.

4. Add the brown sugar and cook, stirring occasionally, for 3 minutes. Add the cooked chicken, along with the soy sauce, vinegar, salt, and hot chile sauce, if using.

5. Mound the rice and vegetable mixture in the middle of a large serving plate and garnish with diagonally sliced scallions. Surround the rice with lettuce cups.

6. To serve, spoon the rice and vegetable mixture into lettuce cups and eat with your fingers, taco-style.

Notes

State: Utah

Child's Name: Cecily Asplund, 10

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook