

Orange Chicken Lettuce Wraps

Rating: ★★ ★

Makes: 8 Servings

“Campbell has autism, and the changes we have made in our family’s diet—eliminating processed foods and replacing with fresh fruits, veggies, and meat—have had the most effective impact on his behavior along with ABA therapy,” says his mom, Erin. “He has embraced this new lifestyle and loves to help me cook. So when we read about this challenge, he wanted to create something new. These lettuce wraps are wonderful served warm or cold. And they have to be served with a side of blueberries and cantaloupe, which we call Campbelloupe because he eats so much of it.”

Ingredients

- 4 cloves garlic, minced
- 3 medium boneless, skinless chicken breasts
- 2 oranges
- 1 cup water chestnuts, chopped (8-ounce can)
- 1/3 cup rice vinegar
- 1/3 cup honey
- 2 tablespoons Liquid Coconut Aminos (or soy sauce if no one is gluten-or soy-sensitive)
- 1 tablespoon grated fresh ginger
- 1 1/2 teaspoons crushed red pepper
- 8 scallions, chopped, white and green slices separated
- 3 yellow bell peppers, seeded
- 3 red bell peppers, seeded and chopped
- 3 orange bell peppers, seeded and diced
- 3 cups warm cooked brown jasmine rice
- Romaine lettuce hearts, separated into large leaves

Directions

1. Bring a large pot of water to a boil. Add the garlic and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	219	
Total Fat	1.3 g	2%
Protein	8 g	
Carbohydrates	46 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	295 mg	12%

MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1/2 ounce
Protein Foods	1/2 ounce

chicken and cook until the chicken is cooked through, about 10 minutes. Let cool, then transfer the chicken and garlic to a bowl and use a fork to shred the chicken into bite-size pieces.

2. Zest 1 orange then squeeze the juice from both oranges—you should have about 1 cup of juice total.

3. Transfer both the zest and juice to a medium saucepan and add the water chestnuts, vinegar, honey, Liquid Aminos, ginger, crushed red pepper, and the white scallion slices. Place the saucepan over moderate heat and cook until the mixture comes to a boil, about 3 minutes.

4. Add the shredded chicken and return the mixture to a boil, stirring to make sure the chicken is coated in the sauce. Reduce the heat and simmer for 5 minutes.

5. Add the bell peppers and the greens from the scallions and cook until the peppers are tender, about 5 minutes.

6. To serve, spoon the rice, chicken, and sauce into the romaine leaves.

Notes

State: Virginia

Child's Name: Campbell Kielb, 8

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook