



The Chicken Lettuce Wrap – Wrap

Ground Chicken Crumbles traditionally seasoned with lime juice, soy sauce, garlic, ginger, vinegar, chili peppers, onions, carrots, cilantro and chopped water chestnuts. That filling is placed into a whole grain tortilla with shredded lettuce, carrots, fresh cilantro and drizzled with Sriracha (optional).

Yield: 10 Chicken Lettuce Wrap - Wraps

Ingredients	Amount	Amount
Chicken Lettuce Wrap Filling (see sub-recipe)	35 oz.	5 C
Whole Grain tortilla 8"	10 ea.	
Iceberg Lettuce, shredded	10 oz.	7 ½ C
Carrots, matchsticks	7.5 oz.	2 ½ C
Cilantro, fresh rough chop	1 oz.	10 Tbsp.
Sriracha	Optional	

DIRECTIONS:

1. Place whole grain tortillas on a clean cutting board or prep table.
2. Add 1 oz. of shredded lettuce to the tortilla, placing it in the center of the tortilla, in a strip approx. 5" the width of the tortilla. Top the shredded lettuce with the 0.75 oz. of matchstick carrots and 1 Tbsp. of chopped cilantro.
3. Place 3.5 oz. of the prepared Chicken Lettuce Wrap Filling over the top of the lettuce and carrots.
4. (optional step) Drizzle 1/4 tsp. of Sriracha over the top on the Chicken Lettuce Wrap Filling.
5. Fold filled tortilla into a wrap/burrito shape and using a serrated knife slice in half and serve immediately.

TYSON® PRODUCTS USED:

#36233-928 100% All Natural, Low Sodium Chicken Crumbles*

Chicken Lettuce Wrap Filling

Chicken Lettuce Wrap-Wrap

Yield: 35 oz. (5 cups) 10 servings

Ingredients	Amount	Amount
FC Ground Chicken Crumbles #36233-928	20 oz.	2 ½ C
Soy Sauce, low sodium		2 ½ Tbsp.
Onion, minced	4 oz.	½ C
Lime juice, bottled		2 Tbsp.
Ginger, puree		2 tsp
Garlic, granulated		3 tsp
Water chestnuts, chopped	5 oz.	½ C
Cilantro, chopped	1 oz.	1 ¼ C
Cider vinegar		3 tsp
Carrots, matchsticks minced	3 oz.	1 ¼ C
Black pepper, cracked		½ tsp

DIRECTIONS:

1. Mix low-sodium soy sauce, ginger puree, garlic, cider vinegar, and black pepper into a large bowl.
2. Into a large stock pot, place 5# of the fully cooked ground chicken crumbles. Add minced onions, chopped water chestnuts, and minced carrots. Cook onions over medium heat and use a large spatula or spoon, stir often to ensure that the vegetables and the crumbles do not burn to the sides and bottom of the pot.
3. Once the onions become translucent, add in the cider vinegar, ginger puree, soy sauce mixture and cook over low heat for 5 minutes.
4. Directly before service/preparation, add the lime juice and chopped cilantro and mix to evenly incorporate

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CN Portion	3 oz.
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	100
Total Fat (g)	5.00
Saturated Fat (g)	1.50
Sodium (mg)	110
Carbs (g)	1
Protein (g)	14

