

Moo Shu Chicken Lettuce Wraps

Ingredients:

1 tablespoon canola oil
 2 cups sliced mushrooms
 3/4 pound boneless, skinless chicken breasts,
 cut into very thin strips
 3 cups shredded cabbage or coleslaw mix
 1/2 cup matchstick-cut carrots
 1/2 cup thinly sliced red bell pepper
 2 scallions, thinly sliced
 3 tablespoons hoisin sauce, or to taste
 1 small head Boston or Bibb lettuce,
 leaves separated and core discarded

Directions:

In a wok or large skillet over high heat, add oil. Sauté the mushrooms for 1 to 2 minutes. Add chicken, cabbage, carrots, bell pepper, and scallions and sauté for 5 to 7 minutes, or until tender. Add hoisin sauce and stir to combine. Cook for 1 to 2 minutes, or until vegetables and chicken are cooked through. If sauce is too thick, add 1 tablespoon water. Spoon moo shu into lettuce leaves. Top with a small dollop of hoisin, if desired.



Serves 4
 Prep Time: 15 min. or less
 Total Time: 30 min. or less

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The Great American Eat-Right Cookbook. Atlanta, GA:
 American Cancer Society; 2007, www.cancer.org/bookstore.

Per Serving	
Calories	185
Calories from Fat	55
Total Fat	6.0 g
Saturated Fat	0.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	2.9 g
Cholesterol	50 mg
Sodium	230 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Sugars	7 g
Protein	21 g

