

CHINESE LETTUCE WRAPS

Marinate:

3/4 pounds chicken tenders
6 ounces nonfat plain yogurt
1 tablespoon Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
2 tablespoons chopped fresh mint

Filling:

1 tablespoon olive oil
1 clove garlic, minced
1 tablespoon fresh ginger, minced
1/2 red bell pepper, seeded and cut into 1/8-inch strips
1 carrot, peeled and coarsely shredded
1 cup red cabbage, coarsely grated
1 cup bean sprouts
2 tablespoons soy sauce
1 tablespoon oil
1 tablespoon fresh mint leaves, chopped
1 tablespoon Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
1 head large leaf lettuce, such as romaine or butter lettuce
1 bunch fresh basil leaves

Instructions

1. In medium bowl, combine yogurt, Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix and mint.
2. Add chicken tenders and stir well to combine. Refrigerate for 30 minutes.
3. Preheat oven to 350° F.
4. In a large skillet heat 1 tablespoon oil over medium heat.
5. Stir in garlic and ginger and sauté for 1 minute.
6. Add bell peppers, carrots, cabbage, bean sprouts, cook for 1 minute or until vegetables are soft
7. Add soy sauce and sesame oil.
8. Cook for 1 minute.
9. Add mint and Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix, heat for 1 more minute.
10. Let cool.
11. Place marinated chicken tenders on a parchment lined sheet pan and bake for 10-15 minutes until chicken is done.
12. Let cool
13. Lie lettuce leaves flat and place chicken on lettuce, spoon on cooled filling and add 1-2 fresh basil leaves.
14. Roll up like a burrito and serve.

Recipe created by Chef Art Smith and kitchen tested by students at Common Threads on behalf of Hidden Valley® Salad Dressings.