

CHICKEN STIR FRY LETTUCE CUPS

PERFECT FOR MEAL PREP

INGREDIENTS

- 2 tablespoons olive oil
- 1 bag (12 ounces) frozen stir fry vegetables
- 2 teaspoon corn starch
- 1 cup low sodium chicken stock
- 2 tablespoons low sodium soy sauce
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- ½ teaspoon black pepper
- 2 cups shredded cooked chicken

INSTRUCTIONS

1. Separate 8-10 large pieces of lettuce onto a plate and store in the fridge.
2. Heat olive oil in a large pot over medium heat.
3. Sauté the vegetables until they begin to soften, 5-7 minutes.
4. While the vegetables cook, whisk together the corn starch, stock, soy sauce, garlic powder, ginger and black pepper.
5. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.
6. Serve 2-3 tablespoons of stir fry mixture in individual lettuce cups.



FOOD AS HEALTH *Alliance*

 University of
Kentucky

[LEARN MORE](#)



BUDGET FRIENDLY



4 SERVINGS



30 MIN