

Light & Healthy... Chicken Stir-Fry Wraps

Ingredients:

1 ½ lbs. boneless, skinless chicken breasts, halved horizontally and thinly sliced
Kosher salt
Freshly ground black pepper
2 Tbsp. extra virgin olive oil
1 lg. onion, halved, thinly sliced
1 lg. red pepper, thinly sliced
3 cloves minced garlic, 1 ½ tsp. grated fresh ginger
¼ - ½ tsp. red pepper flakes
3 Tbsp. soy sauce
3 Tbsp. vinegar
1 ½ tsp. cornstarch, mixed with 1 tbsp. water
12-16 lettuce leaves

Directions:

Salt and pepper chicken, to taste. Heat oil in a skillet (non-stick is best). Add chicken, cook until opaque, about 2-4 minutes. You may want to cook chicken in 2 batches for better browning.

Remove, and add remaining oil and onions and peppers. Cook on medium heat, stirring until onion is tender, approx. 4 minutes. Add garlic, ginger, pepper flakes and cook about 1 minute. Stir in cornstarch mix, soy sauce and vinegar. Remove from heat, add chicken and juices and mix.

Serve in lettuce cups.

Serves 4