

THAI CHICKEN LETTUCE WRAPS

Ingredients:

4 oz. chicken, cut into bite-sized pieces (100 calories, 0 net carbs)
3 iceberg or Bibb lettuce leaves, washed and dried (3 calories, 0.2 net carbs)
1 c. mushrooms, chopped (21 calories, 1.6 net carbs)
1/4 c. bean sprouts (7.8 calories, 1.1 net carbs)
1 tbsp. Tamari soy sauce (5 calories, 0.2 net carbs)
1 tsp. Sambal Oelek chili paste (0 calories, 0 net carbs)
1/2 tsp. minced garlic (2 calories, 0.4 net carbs)
1 squirt liquid Stevia, or to taste (0 calories, 0 net carbs)
1 squirt lime juice (0 calories, 0 net carbs)
Cilantro for garnish

TOTAL: 137.8 calories, 3.5 net carbs

Directions:

Sauté garlic on medium-high heat until fragrant, about 2 minutes. Add in chicken and mushrooms and cook until browned on all sides. Turn heat down to medium and stir in bean sprouts, soy sauce, chili paste, Stevia, and lime juice, and continue cooking, stirring occasionally, until chicken is fully cooked through. Divide chicken evenly among lettuce leaves and top with cilantro. Serve immediately.