

# Asian Lettuce Wrap Chicken Chopped Salad

8 Smart Points 332 calories



Read more at <http://www.skinnytaste.com/asian-lettuce-wrap-chicken-chopped-salad>

**Total Time:** 15 minutes

## Ingredients:

### For the Salad Dressing:

- 3 tablespoons rice vinegar
- 1 1/2 tablespoons grapeseed or canola oil
- 1 teaspoon sesame oil
- 1 teaspoon honey
- 1 teaspoon grated fresh ginger
- 1 clove garlic, minced
- 1/8 tsp kosher salt and pepper

### For the chicken:

- 1/4 cup hoisin sauce\*
- 1 tablespoon rice vinegar
- 2 teaspoons Sriracha sauce
- 2 tablespoons less sodium soy sauce\*
- 1 teaspoon grated fresh ginger
- cooking spray
- 1 pound ground chicken
- 8 ounce can water chestnuts, drained and diced
- 2 tbsp chopped unsalted cashews
- 2 scallions, thinly sliced

### For the Salad:

- 1 head Boston or Bibb lettuce, chopped
- 1 romaine lettuce heart, chopped
- 2 carrots, grated

## Directions:



For the dressing: In a small bowl, whisk together the vinegar, oils, honey, ginger, garlic, and salt and pepper to taste. Set the dressing aside. For the chicken: In a medium bowl, whisk together the hoisin, vinegar, Sriracha, soy sauce, and ginger. Set aside. Heat a medium skillet over medium-high heat. Spray with cooking spray then add the chicken and cook until browned and cooked through, 8 to 10 minutes. Add the water chestnuts and cashews to the pan. Pour the reserved hoisin mixture on top and cook for 1 to 2 minutes to heat through. Stir in the scallions. Remove from the heat and set aside. For the salad: In a large salad bowl, combine both of the lettuces and the carrots. Toss the salad with the dressing and divide in 4 bowls. Top each with 3/4 cup chicken mixture. Serve immediately.

\*check labels for gluten-free.

## **Nutrition Information**

Yield: 4 Servings, Serving Size: 1 1/2 cups lettuce, 3/4 cup chicken

- **Amount Per Serving:**
- Smart Points: 8
- Points +: 9
- Calories: 332
- Total Fat: 18g
- Saturated Fat: 3g
- Cholesterol: 96mg
- Sodium: 585mg
- Carbohydrates: 23g
- Fiber: 4g
- Sugar: 7g
- Protein: 24g