

Chicken & Asparagus Lettuce Wraps

This is a fun, tasty and healthy meal using early lettuce and asparagus crops

For Chicken Wraps:

- 1 whole boneless, skinless chicken breast, cut in small dice
- 1 clove garlic, minced
- 1 teaspoon grated fresh ginger
- 2 tablespoons low sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon mirin (sweet Asian cooking wine)
- ½ tsp. cracked black pepper
- 1 tablespoon peanut oil
- 1 bunch asparagus, cut diagonally in 1" pieces
- 1 bunch scallions (green onions), cut diagonally in 1" pieces
- toasted sesame seeds
- ¼ cup chopped fresh cilantro
- 1 head lettuce, leaves separated, washed and drained
- Asian hot chili sauce (optional)

For Dipping Sauce:

- ¼ cup low sodium soy sauce
- ¼ cup mirin
- dash black vinegar
- thinly sliced scallions

Place chicken in a medium bowl and add garlic, ginger, soy sauce, honey, mirin and black pepper. Stir to combine and coat the chicken. Let sit in the refrigerator for about 10 to 15 minutes.

While the chicken marinates, make the dipping sauce: Place the soy sauce, mirin and black vinegar in a small bowl and stir to combine. Divide into small individual bowls to serve and top with the thinly sliced scallions.

In a wok or large fry pan heat the peanut oil over medium high heat. Add asparagus and scallions. Cook for approximately 3 minutes, stirring frequently. Add in the chicken mixture and stir while cooking for approximately 5 minutes or until the chicken is cooked and the liquid has thickened. Stir in the sesame seeds. Place in a serving bowl.

Assemble by putting a spoonful of chicken mixture in a lettuce leaf, top with some chopped fresh cilantro and drizzle with chili sauce. Roll, burrito style. Serve with dipping sauce and enjoy!