



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

October 14<sup>th</sup>, 2014 Cooking Class

Featuring

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from Curly's Grill and Banquet Center

## Thai Style Chicken Lettuce Wraps with Thai Table Dressing

### Ingredients:

Serves 8-10

#### For the Wraps

- 2 lbs. Boneless Skinless Chicken Breast, sliced into julienne
- 1 Tbsp. Fresh Ginger, minced
- 2 tsp. Fresh Garlic, minced
- ½ tsp. Crushed Chili Flakes
- 1/3 cup Freshly Squeezed Lime Juice
- 1 ½ Tbsp. Red Curry Paste
- 2 Tbsp. Olive Oil
- 3-4 Heads of Boston Bibb Lettuce

#### For the Dressing

- 2 Cups Hot Water
- 4 Tbsp. Fish Sauce
- ½ cup Fresh Lime Juice
- 3 Tbsp. Rice Wine Vinegar
- 3 Tbsp. Sweet Chili Sauce
- ¼ tsp. Crushed Chili Flakes
- 2 tsp. Minced Garlic
- ¼ cup Sliced Scallions, white part only

Garnish with Unsalted Roasted Peanuts, Shredded Carrot, Thinly Sliced Cucumber, Fresh Cilantro, Fresh Mint Leaves

#### Notes:

Marinate chicken in ginger, garlic, chili flakes, lime juice, curry paste, and olive oil for about 20 minutes, or up to 1 hour. Meanwhile, combine all dressing ingredients in a medium bowl and whisk together until smooth.

In a large skillet, heat about 1 Tbsp. olive oil until it is almost smoking. Add chicken and sear meat, working in batches to not overcrowd pan. Transfer chicken to the oven and bake at 375 degrees until meat is fully cooked and juices run clear.

Use lettuce leaves to wrap some chicken and desired garnishes, drizzle with a small amount of dressing and eat immediately.

Nutrition Facts			
Serving Size: 1 serving (271.2g)			
Servings: 8			
Amount Per Serving			
Calories 170	Calories from Fat 60		
% Daily Value*			
<b>Total Fat</b> 7g	<b>10%</b>		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
<b>Cholesterol</b> 55mg	<b>19%</b>		
<b>Sodium</b> 1070mg	<b>45%</b>		
<b>Total Carbohydrate</b> 8g	<b>3%</b>		
Dietary Fiber 1g	4%		
Sugars 3g			
<b>Protein</b> 22g			
Vitamin A 60%	• Vitamin C 15%		
Calcium 4%	• Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

