

# Chicken and Veggie Lettuce Cups

*These kid-friendly, handheld lettuce cups work great as an appetizer, snack or lunch. Don't forget to add your favorite dressing or sauce!*

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	20 MIN	35 MIN

## INGREDIENTS

½ Tbsp	Oregano, dried
½ Tbsp	Paprika
1 tsp	Cumin, ground
1 tsp	Garlic Powder
½ tsp	Kosher Salt
½ tsp	Turmeric
1 head	Broccoli, cut into small florets
1 small	Red Onion, cut into 2" long thin strips
1 medium	Carrot, cut into 2" long thin strips
1 medium	Red Bell Pepper, cut into 2" long thin strips
1 small	Zucchini, cut into 2" long thin strips
2 Tbsp	Olive Oil, divided
1 lb	Chicken breast, cut into 1" strips
1 each	Lemon, cut into 4 wedges
1 head	Bibb or Butter Lettuce

## CHEF'S NOTES

Cutting all the vegetables into thin 2" long strips ensures that they will fit neatly inside the lettuce cups.

The filling can be made ahead of time and served cold for easy assembly.

Top them with your favorite dressing or sauce. Some of our favorites include:

- Avocado Lime Dressing
- Blender Tomato Salsa
- Creamy Pepper Parmesan Dressing

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F. Line two baking sheets with parchment paper.
2. In a small bowl, mix together the oregano, paprika, cumin, garlic powder, salt, and turmeric.
3. In a medium bowl, toss sliced vegetables and 1 Tbsp olive oil. Add ½ of the spice mixture and toss to coat evenly. Lay out seasoned vegetables on lined baking sheet and set aside.
4. In the same bowl, toss sliced chicken and the remaining 1 Tbsp olive oil. Add the remaining spice mixture and toss to coat evenly. Lay out seasoned chicken on a separate lined baking sheet. Squeeze the lemon juice over the chicken.
5. Transfer both baking sheets to the oven and bake until vegetables are fork tender and the chicken reaches an internal temperature of 165°, about 10 minutes. Set aside to cool.
6. Once the vegetables and chicken have cooled, combine the two in a bowl. Separate the lettuce head into individual leaves. To assemble the lettuce cups, place 1/3 cup of the chicken and vegetable mixture into each cup.

# Nutrition Facts

8 servings per container

**Serving** 2/3 cup filling (2 lettuce cups)

**Size** (156 g)

Amount per serving

**Calories** **130**

% Daily Value \*

**Total Fat 5g** **7%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol 40mg** **14%**

**Sodium 160mg** **7%**

**Total Carbohydrate 6g** **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein 14g** **29%**

Vitamin D 0.01mcg 0%

Calcium 30mg 2%

Iron 1mg 7%

Potassium 400mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food "Chicken and Veggie Lettuce Cups," (8/6/19)



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