

asian chicken *lettuce wraps*

INGREDIENTS

3 tablespoons fish sauce
3 tablespoons fresh lime juice,
plus 2 teaspoons grated lime zest
1½ tablespoons brown sugar
1 teaspoon cornstarch
1 pound ground chicken
2 teaspoons canola oil

1 jalapeno pepper, stemmed,
seeded and minced
3 scallions, sliced thin
¼ cup chopped fresh basil
12 Bibb or Boston lettuce leaves
(about 1 head)

DIRECTIONS

1—Whisk together the fish sauce, lime juice, brown sugar and cornstarch in a small bowl. Set aside.

2—Heat oil in a 12-inch nonstick skillet over medium heat until shimmering. Add chicken, jalapeno and lime zest. Cook, breaking up meat into small pieces until meat is no longer pink, about 5 minutes or so.

3—Whisk the fish sauce mixture to recombine; pour into skillet and cook, stirring constantly until the sauce has thickened and coats the chicken, about 45 seconds.

4—Remove from heat, stir in scallions and basil. Transfer rice to a serving bowl, and serve with rice and lettuce leaves.

MAKES 4 SERVINGS/ rice mixture is 4 points per serving on Weight Watchers

Note: this recipe calls for serving each in a lettuce wrap on a bed of sushi rice. Be sure to add in points for the rice.

—FROM COOK'S ILLUSTRATED
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