

Asian Chicken Lettuce Wraps

4 servings

SPICY SAUCE

- 3 tablespoons light brown sugar (packed)
- 1/4 cup Asian fish sauce
- 3 tablespoons fresh lime juice
- 1 small hot red or green chile, minced, or 1/4 teaspoon dried red pepper flakes
- 1 garlic clove, minced

CHICKEN

- 1 1/2 tablespoons peanut oil
- 1 finely chopped onion
- 1 tablespoon minced fresh ginger
- 1 garlic clove, minced
- 1 pound ground chicken
- 1 carrot, cut in julienne
- 4 green onions, thinly sliced
- 1 cup finely chopped water chestnuts
- 5 button mushrooms, finely chopped
- 2 tablespoons Asian fish sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1/4 to 1/2 teaspoon cayenne
- Salt
- 1/4 cup chopped peanuts
- 1/4 cup chopped cilantro
- 16 Roston or Bibb lettuce leaves

For the sauce: In a small serving bowl, whisk all sauce ingredients together.

For the chicken: In a large skillet over medium-high heat, warm the peanut oil. Saute the onion, ginger and garlic about 3 minutes, stirring often. Add chicken and cook, stirring to break up lumps, about 5 minutes, until cooked throughout.

Add carrot, green onion, water chestnuts and mushrooms; cook 3 minutes. Stir in the fish sauce, soy sauce, sesame oil and cayenne, and remove from heat. Taste for seasoning and add salt if necessary. Stir in the peanuts and cilantro.

Transfer meat mixture to a large serving bowl. Place lettuce leaves on a platter. Have each diner spoon about 2 tablespoons filling onto a lettuce leaf, drizzle with reserved spicy sauce and roll up to eat with their fingers.

Per serving: 346 calories (33 percent from fat), 12.7 g fat (2 g saturated), 79 mg cholesterol, 35.2 g protein, 24 g carbohydrates, 3.2 g fiber, 2,051 mg sodium.