



Chicken Lettece wrap

Ingredients

- 1½ lbs precooked chicken, shredded
- 1 cucumber, sliced into matchsticks
- 4 green onions, chopped
- ¼ cup cashews, roughly chopped
- 1½ tablespoons fresh mint, chopped
- 1⅓ cups shredded carrots
- ¼ cup soy sauce (or tamari for gluten-free)
- Juice of ¾ lime
- ⅓ cup sunflower seed butter
- 1 head iceberg lettuce (or romaine, kale, or butter lettuce)

Instructions

Step 1: Prepare the filling

Shred the chicken and place it in a large bowl. Add the cucumber, green onions, cashews, mint, and shredded carrots. Toss to combine.

Step 2: Add flavor

Drizzle half the soy sauce and half the lime juice over the mixture. Toss again until everything is evenly coated.

Step 3: Make the sunflower dipping sauce

In a small bowl, stir together the sunflower seed butter with the remaining soy sauce and lime juice. Add a splash of water as needed to thin the sauce to your desired consistency.

Step 4: Assemble and serve

Spoon the chicken mixture onto large lettuce leaves. Roll or fold into wraps and serve with the sunflower butter sauce on the side for dipping.