



101
RECIPE

Buffalo Chicken Lettuce Wraps

Time: 30-45 Minutes

Ease: Simple

Recipe:

- *1 pound ground chicken*
- *½ cup chopped onion*
- *1-2 cloves garlic*
- *1 Bottle Buffalo Sauce*
- *Lettuce leaves - Choose cup shaped leaves*
- *Blue Cheese and/or Ranch for toppings (optional)*

1. Saute the onion until translucent, then add the garlic and sauté about 30 seconds.
2. Add the chicken and cook until done, no pink.
3. Once the chicken is done stir in about half of the Buffalo sauce and stir through until heated.
4. Scoop into lettuce leaves and serve.
5. Optional, top with blue cheese or feta crumbles before serving. Serve with celery and carrots with Ranch and Blue Cheese dressings.