

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Cashew Chicken Lettuce Wraps

Adapted from: [www.foodiewithfamily.com](http://www.foodiewithfamily.com)

### **For the Stir Fry Sauce:**

2 tablespoons coconut aminos (a healthier substitute for soy sauce)  
1 tablespoon honey  
1 tablespoon gochujang or chili garlic sauce  
1 tablespoon rice vinegar  
1 teaspoon grated ginger  
2 garlic cloves, peeled and pressed or super finely chopped  
1 teaspoon toasted sesame oil

### **For the Chicken Cashew Stir Fry:**

1 pound boneless, skinless chicken thighs, trimmed of excess fat and cut into 1/2-inch cubes (You can also use boneless, skinless chicken breasts)  
2 tablespoons light olive oil or coconut oil  
1/4 cup cashews, roughly chopped

### **For Serving:**

Washed and air-dried lettuce leaves  
minced red and/or yellow bell peppers  
finely chopped fresh cilantro or parsley  
sriracha or preferred hot sauce

### **For the Stir Fry Sauce:**

Whisk together all of the ingredients until the honey is incorporated fully and it is smooth.

### **For the Stir Fry:**

Heat the oil in a large skillet or wok until it is shimmering. Add the chicken thighs and stir-fry them until no longer pink in the center and golden brown on the outside, about 8-10 minutes. Whisk the stir-fry sauce one more time then add to the pan with the cashews. Stir frequently and bring the sauce to a boil. Lower the heat and simmer until the sauce is thick and sticky, darker in color and coats everything, about 2-4 minutes.

Turn off the heat and let the chicken stand for 5-10 minutes before piling into the lettuce leaves. Garnish the wraps with finely chopped bell peppers, cilantro or parsley, and sriracha or the hot sauce of your choice.