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# Asian Chicken–Brown Rice Lettuce Wraps

**Prep Time:** 11 mins

**Cook Time:** 31 mins

**Total Time:** 42 mins

## Ingredients

- 1/2 cup(s) rice, brown, instant, uncooked
- 1/4 cup(s) soy sauce, reduced-sodium
- 1 tablespoon lime juice
- 1 tablespoon ginger, fresh, grated, peeled
- 2 teaspoon hoisin sauce
- 2 teaspoon oil, dark sesame
- 1 teaspoon oil, canola
- 1 pounds chicken, ground
- 1 cup(s) onion(s), green, chopped
- 1/2 large pepper(s), red, bell, 1/2 cup chopped
- 1 tablespoon garlic, minced
- 8 ounce(s) water chestnuts, canned, sliced, drained and chopped
- 15 large lettuce, iceberg, leaves
- 5 tablespoon peanut sauce, (such as House of Tsang)



## Preparation

1. Cook rice according to package directions, omitting salt and fat. Spread evenly on jelly-roll pan, and refrigerate until chilled.
2. Combine soy sauce and next 4 ingredients, stirring with a whisk; set aside.
3. While rice chills, heat canola oil in a large nonstick skillet over medium heat. Add chicken and next 3 ingredients; cook 10 to 12 minutes or until chicken is done. Stir in water chestnuts.
4. To assemble, spoon about 2 tablespoons chilled rice into each lettuce leaf; top each with 1/4 cup chicken mixture. Roll up. Serve lettuce rolls with reserved soy sauce mixture and peanut sauce.

**Yield:** 5 servings (serving size: 3 lettuce rolls, about 1 tablespoon soy sauce mixture, and 1 tablespoon peanut sauce).