

Chicken & Black Bean Lettuce Wraps

8 ingredients · 40 minutes · 2 servings



Directions

1. Add the chicken breasts, salsa, lime juice, salt, and pepper to a sealable container. Cover, shake, and allow to marinate for at least 15 minutes.
2. Heat a pan over medium heat and add the chicken and marinade. Cover the pan and cook for 20 minutes or until the chicken is cooked through. Flip the chicken a few times and spoon the marinade over as needed.
3. Transfer the chicken and marinade to a large bowl and shred it with two forks. Once shredded, mix with the marinade.
4. Fill the lettuce leaves with the chicken, black beans, red onion, and peppers. Serve and enjoy!

Notes

Leftovers

Refrigerate ingredients separately in airtight containers for up to three days.

Serving Size

One serving is equal to approximately four lettuce wraps.

Make it Vegan

Use tempeh or tofu instead of chicken.

More Flavor

Add cilantro and chipotle aioli.

Ingredients

227 grams Chicken Breast (boneless, skinless)

130 grams Salsa

9 milliliters Lime Juice

Sea Salt & Black Pepper (to taste)

1 head Boston Lettuce (leaves separated)

172 grams Black Beans

80 grams Red Onion (diced)

1 Red Bell Pepper (medium, chopped)

Nutrition

Amount per serving

Calories	301	Vitamin D	1IU
Fat	4g	Vitamin E	3mg
Carbs	33g	Vitamin K	13µg
Fiber	11g	Thiamine	0.4mg
Sugar	7g	Riboflavin	0.3mg
Protein	35g	Niacin	13mg
Cholesterol	82mg	Vitamin B6	1.3mg
Sodium	518mg	Folate	179µg
Potassium	1060mg	Vitamin B12	0.2µg
Vitamin A	2329IU	Phosphorous	412mg
Vitamin C	82mg	Magnesium	114mg
Calcium	64mg	Zinc	2mg
Iron	3mg	Selenium	28µg

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