



## CROCK POT BUFFALO CHICKEN LETTUCE WRAPS

 8 portions

### INGREDIENTS

- 24 oz of boneless, skinless chicken, [678 g]
- 3 medium stalks (7-1/2" - 8" long) of celery, raw [120 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 1 clove of garlic, raw [3 g]
- low sodium chicken broth, [454 grams]
- hot sauce, [152 grams]
- 6 large lettuce leaves [144 g]
- 1.5 cups grated of carrots, raw [165 g]
- 1 tbsp light or Boltbouse farms dressing

### COOKING METHOD

<sup>10</sup> Description: Equipment: Slow Cooker or Crock Pot Instructions: 1. In a crock pot, combine the chicken, onions, diced celery, garlic and broth [enough to cover the chicken]. Cover and cook on high for 2.5-3 hours. 2. Remove the chicken from the pot and reserve 1/2 cup broth and discard the rest. Shred the chicken with two forks and return to slow cooker with 1/2 cup broth and hot sauce. Set on high for an additional 30 minutes. Makes 3 cups chicken total. 3. To prepare lettuce cups, place 1/2 cup buffalo chicken in each leaf and top with 1/4 cup shredded carrots, celery and 1 tbsp dressing of your choice. Wrap and enjoy.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (227 g)	% DRI
ENERGY	65 kcal	148 kcal	7 %
FAT	1 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	27 mg	62 mg	21 %
SODIUM	225 mg	509 mg	21 %
CARBOHYDRATE	4 g	9 g	3 %
SUGARS	2 g	5 g	—
FIBER	1 g	2 g	7 %
PROTEIN	9 g	21 g	—