



Nourish Bowls® Sesame Sriracha Grilled Chicken Skewers Lettuce Wraps

Servings

4

Calories

220

Prep Time

15 minutes

Total Time

1 hour

Skill Level

Easy

Ingredients

½ pound chicken breast, cut into 1-inch chunks

Assorted vegetables, for skewers (Such as, onions, broccoli, mushrooms, bell peppers)

1 (12 ounce) Mann™ Nourish Bowls® Sesame Sriracha

1 (7 ounce) package Fresh Leaf Farms® Better Romaine®



The Method

In separate mixing bowls, drizzle chicken and vegetables with vegetable oil. Season with salt and pepper. Toss gently. Lace up several wooden skewers with the chicken and veggies. Grill to desired doneness.

Remove chicken and veggies from the skewers. Prepare Mann™ Nourish Bowls® Sesame Sriracha, according to the package directions. Using Fresh Leaf Farms® Better Romaine®, create lettuce wraps with the contents. Serve warm.

Nutrition Facts

Serving Size 348g | Servings: 4

Amount Per Serving

Calories 220 | Total Fat 5g (sat fat 0.5g trans 0g) | Cholesterol 23mg | Sodium 240mg | Total Carbohydrate 23g | Dietary Fiber 4g | Sugars 10g (Includes 10g Added Sugars) | Protein 19g | Vitamin D 6% | Calcium 6% | Iron 10% | Potassium 20%

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