



CHICKEN LETTUCE WRAPS
25MIN / 10 MIN PREP
SERVES 2

- 2 tablespoons olive oil
- 12-14 oz of boneless skinless chicken breasts (will cook down to about 5oz/person)
- 1 cup water chestnut
- 1-2 cups mushroom
- ½ cup chopped onions
- 1 tablespoon minced garlic
- 4-6 leaves iceberg lettuce

Special Sauce

- ½ cup water
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons sugar free ketchup
- 1 tablespoon lemon juice
- 1/8 teaspoon sesame oil
- 1-2 teaspoon garlic chili sauce

Stir fry Sauce

- 2 tablespoons soy sauce
- 1 packet of sweetener
- ½ teaspoon rice wine vinegar



1. Make the special sauce by dissolving the sweetener in water in a small bowl.
2. Add soy sauce, rice wine vinegar, ketchup, and lemon juice and sesame oil.
3. Mix well and refrigerate this sauce until you're ready to serve.
4. Eventually add your desired measurement of garlic chili sauce to the special sauce mixture to pour over the wraps.
5. Bring 1 tablespoon oil to high heat in a wok or large frying pan
6. Sauté chicken breasts for 4-5 minutes per side or done.
7. Remove chicken from the pan and cool.
8. Keep oil in the pan, keep hot.
9. As chicken cools mince water chestnuts and mushrooms to about the size of small peas.
10. Prepare the stir fry sauce by mixing the soy sauce, and rice vinegar together in a small bowl.
11. When chicken is cool, chop it to the size of small peas.
12. With the pan still on high heat, add another Tbsp of olive oil.
13. Add chicken, garlic, onions, water chestnuts and mushrooms to the pan.
14. Add the stir fry sauce to the pan and sauté the mixture for a couple minutes then serve it in lettuce "cups"
15. Top with "Special Sauce"



**CHICKEN FRIED “RICE”
SERVES 4**

- 1 lb boneless, skinless chicken thighs (cut into small cubes)
- 1 medium head of cauliflower (grated on the large holes of a cheese grater)
- 4 garlic cloves (minced)
- 1 thumb size piece of ginger (minced)
- 2 eggs
- 2 tbsp chili garlic sauce
- 4 tsp soy sauce
- ½ lemon or lime (juice from)
- 1 cup sliced mushroom
- ½ cup celery (chopped)
- ½ bunch green onion (chopped or sliced)
- Small handful cilantro (chopped)
- Pinch of sea salt
- Black pepper to taste

In a large wok or frying pan, heat 1 tbsp olive oil or grape seed oil on high heat until smoking. Brown the chicken in two batches and set aside. In the same wok or pan on high heat, add 1 tbsp olive oil or grape seed oil and brown the mushrooms and celery. Set aside. In the same pan, add 1 tsp olive oil or grape seed oil, add the ginger and garlic. Once lightly browned, add the cauliflower and sauté for 2 minutes. Add the chicken, mushroom, celery and their juices back to the pan. Add chili garlic sauce, soy sauce, salt and pepper. Taste for seasoning. If additional seasoning is not needed, crack in the eggs and cook for an additional 2 minutes. Add cilantro, green onion and the juice from the lemon or lime. (Serves 4) ENJOY

“RICE”

This is a method for making “rice” from cauliflower. It tastes very mild and can be used under a sauce or as the base for a dish such as the above fried “rice” recipe. It does not work well as a substitute for rice in casseroles where the function of the rice is to absorb liquid.

1 medium head of cauliflower (grated on the large holes of a cheese grater)

Cook on low to medium heat until soft. **DO NOT ADD WATER.** Cauliflower absorbs water like crazy, and the “granules” will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work.

REMINDER:

Cauliflower is 4.4 grams of carbs per 6 cauliflower pieces.



Port Orchard Natural Medicine
1145 Bethel Road
Port Orchard, WA 98366
www.portorchardnaturalmedicine.com