



Shiitake and Chicken Lettuce Wrap

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 4-6

- 2 teaspoons toasted sesame oil, divided
- 1 teaspoon olive oil
- 8 ounces shiitake or Portabella mushrooms, thinly sliced
- 1 boneless, skinless chicken breasts, pounded to 1/2 inch thickness and thinly sliced
- 1 teaspoon chili garlic sauce
- 1 small red bell pepper, thinly sliced
- 1 cup bean sprouts, rinsed
- 1/4 cup diagonally sliced green onions
- 1 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon grated fresh ginger
- 1 fresh plum, diced (optional)
- 1 head romaine, Boston or Bibb lettuce

Heat a large sauté pan over medium high heat. Add 1 teaspoon sesame oil and olive oil. Add a single layer of mushrooms and cook, without stirring, for 3 minutes, until they begin to soften. Portabellas will take a little longer than shiitakes.

In a cup, mix 1/4 cup water and chili garlic sauce and pour in to pan, then add chicken. Cover and cook 5 minutes, then remove the lid, stir and cook another 3 minutes, or until chicken is cooked through. Add bell pepper, bean sprouts and onion and stir to heat through, about 2 minutes.

In a cup, mix soy sauce, remaining 1 teaspoon sesame oil, hoisin sauce, ginger, diced plum (if desired) and 2 tablespoons water. Add to skillet and bring to a boil. Spoon into lettuce cups, then roll. Serve immediately.



Nutrition Facts			
Serving Size (211g)			
Servings Per Container			
Amount Per Serving			
Calories	120	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	590mg		25%
Total Carbohydrate	9g		3%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	13g		
Vitamin A	40%	Vitamin C	50%
Calcium	4%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Each serving provides: 120 calories, 4.5g fat (7% Daily Value), 0.5g saturated fat (3% Daily Value), 25mg cholesterol (8% Daily Value), 590mg sodium (25% Daily Value), 2g dietary fiber (8% Daily Value), 13g protein (26% Daily Value), 50% Daily Value for vitamin C, 40% Daily Value for vitamin A, 22% Daily Value for selenium, 15% Daily Value for potassium, 10% Daily Value for iron, 4% Daily Value calcium