

Asian Chicken Lettuce Wrap & Tofu Caprese Skewers

Lawton Public Schools

Lawton, OK



Recipe Ingredients:

- 1 lb. Ground Chicken
- 2 tsp. Garlic Salt
- 2 tsp. Black Pepper
- 6 Tbsp. of Teriyaki Sauce
- 1 Cup of Onion, Chopped
- 1 Cup Cilantro, Chopped
- 2 Cups Shredded Carrots
- 4 Tbsp. Olive Oil
- 2 Tbsp. Sesame Seeds
- 1 Cup Chopped Green Onions
- 2 Boston lettuce
- 24 oz. Tofu
- 4 Tbsp. Olive Oil
- 2 tsp. Black Pepper
- 2 tsp. Kosher Salt
- 6 Tbsp. Balsamic Vinegar
- 1 pkg. Basil
- 24 oz. Grape Tomatoes
- 30 – 4 Inch Skewers



Preparation Method:

1. In medium skillet add olive oil and heat, add ground chicken, garlic salt, black pepper and 1 cup of chopped onion, cook for 10 minutes stir at 5 minutes.
2. Add 6 Tbsp. of teriyaki sauce and stir.
3. Add 2 cups of shredded carrots and 1 cup of chopped Cilantro and turn off heat.
4. Separate lettuce leafs and on each leaf add 1 Tbsp. of the chicken mixture
5. Garnish with sesame seeds and chopped green onions.

Tofu Caprese:

1. In nonstick medium skillet add olive oil and cubed tofu, cook for 2 minutes and set aside.
2. Use skewers, add a grape tomato, 1 basil leaf then 1 tofu.
3. Drizzle with salt, pepper and balsamic vinegar.



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