



Asian Chicken Lettuce Wraps

NIBBLEDISH CONTRIBUTOR

Ingredients

1 can (12.5 ounces)* Swanson® Premium White Chunk Chicken Breast in Water, drained
2 medium carrots, shredded (about 1 cup)
3/4 cup diced red pepper
4 green onions, thinly sliced (about 1/2 cup)
1/4 cup reduced fat Asian-style sesame salad dressing
6 large Bibb or iceberg lettuce leaves

Instructions

Stir the chicken, carrots, pepper, onions and dressing in a medium bowl. Divide the chicken mixture among the lettuce leaves. Fold the lettuce leaves around the filling and serve immediately.