



Humana
Neighborhood Center

SOUTH WEST CHICKEN LETTUCE WRAPS

Ingredients:

6 skinless boneless chicken thighs
1 tablespoon ground cumin
1 tablespoon chili powder
½ tablespoon granulated garlic
¼ teaspoon kosher salt, or to taste
¼ teaspoon cayenne pepper, or to taste
¼ teaspoon cracked black pepper, or to taste
½ cup reduced sodium soy sauce
½ cup FIRST COLD PRESSED olive oil
12 Bibb or Boston lettuce leaves about 1 head
2 cups guacamole

How to prep:

1. Place chicken thighs on work surface. Trim excess fat from thighs. In a separate bowl combine all dry ingredients and mix completely. Sprinkle ½ of the mixture over top side of the thighs. Turn thighs over and sprinkle Remainer of mixture over the bottom side of the thighs Pour soy sauce over thighs on both sides then repeat process with olive oil.
2. Cook on medium high heat 15 minutes on each side or internal temperature reaches 165 degrees.
3. Cut thighs length wise ¼ inch wide to make strips
4. Place cooked chicken strips about 2 or 3 onto lettuce leaves a top with guacamole



