

# GARDEN FRESH CHICKEN LETTUCE WRAP



## INGREDIENTS: 100 Servings

Chicken Breast	8 lb
Celery	1 qt
Carrots	2 cup
Green Peppers	2 cup
Red Cabbage	1 ¼ cup
Yellow Onion	1 cup
Broccoli Florets	1 qt
Tomatoes (Fresh)	1 qt
Cucumbers	1 qt
Lettuce (leaves)	100 ea
Light Mayonnaise	2 to 3 Cups

## NUTRITIONAL VALUE:

Calorie: 79  
Fat: 2.5g  
Cholesterol: 32mg  
Sodium: 76mg

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## Method of Preparation

1. Grill or bake chicken...Chill in cooler then dice.
2. Wash & Cut up fresh vegetables: Celery-bias cut; carrots-shredded; green peppers-diced; red cabbage-shredded; onion-diced; broccoli-remove stems; tomatoes-diced; cucumber-peeled, seeded, & diced; lettuce-leaves.
3. In large bowl combine together diced chicken, celery, carrots, red pepper, onion, broccoli, tomatoes, cucumbers, & light mayo.
4. Serving will be 3oz of chicken salad placed on 1 lettuce leaf and fold into a wrap.

\* Adjust servings as necessary.