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Boosted Hoisin Chicken Wraps (S)

This was inspired by a delightful meal from P.F. Chang's restaurant but now it's trimming and healthy! It has just about everything that a THM could want... tasty, healthy protein, delicious fats, leafy greens, and outstanding flavor. Add in the crunch of the water chestnuts and the zing of the THM Baobab Boost powder in the hoisin sauce and you have a doozy of a meal that will make your taste buds and every cell in your body zing!

Serving Size: Approximately 4

INGREDIENTS:

- 1 Tbsp coconut oil or butter
- 1 lb ground chicken (or ground turkey)
- 2 cloves fresh garlic (minced)
- 1 small onion (finely diced)
- 1 Tbsp sesame oil
- 1/4 cup *Boosted Hoisin Sauce* (See recipe below; only use 1/4 cup of the sauce in the meat mixture, you can use the leftover sauce to drizzle on top of wraps)
- 1 Tbsp rice wine vinegar (or white vinegar)
- 1 Tbsp fresh ginger (freshly grated; or 1/2 tsp of ground ginger)
- 1/2 tsp THM Super Sweet Blend (or 1 tsp THM Gentle Sweet)
- 2 tsp hot sauce (optional; more or less or to your personal taste)
- 8 oz. water chestnuts (1-8 ounce can; sliced, drained, and chopped)
- 4 green onions (divided; thinly sliced; 2 green onions to be added into the skillet after cooking, and 2 green onions for topping the lettuce wraps)
- 1 head butter leaf lettuce (or 1 head of romaine lettuce)

INSTRUCTIONS:

1. Place the coconut oil or butter in a skillet and heat over medium heat, add the ground chicken. Crumble the chicken while it is cooking until nicely browned.
2. Stir in the onions, garlic, and sesame oil, cook until onions are translucent or about 2-3 minutes.

(Instructions and Boosted Hoisin Sauce recipe continued on the next page...)

Boosted Hoisin Chicken Wraps, Continued (2)...

3. Stir in the *Boosted Hoisin Sauce*, rice wine vinegar, ginger, sweetener, and the hot sauce until combined, stirring for about one minute.
4. Add in the sliced water chestnuts and the 2 sliced green onions, stir until combined and water chestnuts are warmed through, about one minute.
5. Remove skillet from heat. Using a spoon place the meat mixture into your lettuce leaves, top with the remaining sliced green onions and if desired you can drizzle with the extra *Boosted Hoisin Sauce* and serve.

Boosted Hoisin Sauce (FP)

INGREDIENTS:

- 1/2 cup Bragg Liquid Aminos (or soy sauce)
- 3 Tbsp natural peanut butter (sugar- free)
- 1.5 Tbsp THM Gentle Sweet
- 1 Tbsp white vinegar
- 1 Tbsp sesame oil
- 1 tsp miso
- 1 tsp THM Baobab Boost Powder (please see the Recipe Note below)
- 1/4 tsp garlic powder
- 1/4 tsp hot sauce
- 1/4 tsp black pepper

INSTRUCTIONS:

1. Place all ingredients in a bowl and whisk together until blended.

RECIPE NOTE:

Though recommended to use for the health benefits, if you do not have baobab powder on hand, please don't let that stop you from making this recipe.

The [Boosted Hoisin Chicken Wraps](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com