Lunch, Mediterranean

Mediterranean Chicken Lettuce Cups

A quick seared chicken cutlet is tucked into crisp lettuce leaves with a tangy toss of roasted red pepper, chickpeas, red onion, kalamata olives and basil dressed in olive oil and vinegar.



18 min	390	27 g	5 g
time	calories	carbs	sugars

Gluten free | Nut free

Ingredients, 1 serving

- [ ] 4 oz chicken cutlet
- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 2 oz roasted red pepper (chopped)
- [ ] 1/3 cup chickpeas (garbanzo beans) (no salt added, rinsed and drained)
- [ ] 2 tbsp red onion (finely chopped)
- [ ] 4 whole pitted kalamata olives (coarsely chopped)
- [ ] 1 tbsp fresh basil (chopped)
- [ ] 2 tsp extra virgin olive oil
- [ ] 1 tsp red wine vinegar
- [ ] 2 romaine or Boston lettuce leaves

Nutrition Facts

Per serving

Calories	390
Total fat	16 g
Saturated fat	1.5 g
Sodium	320 mg
Total carbs	27 g
Fiber	9 g
Total sugars	5 g
Protein	37 g

Method

- [ ] 1 Warm a small nonstick skillet over medium heat.
- [ ] 2 Coat both sides of the chicken cutlet with nonstick cooking spray and cook it in the skillet for 4 minutes on each side, until no longer pink in the center.
- [ ] 3 Transfer the chicken cutlet to a cutting board, let it cool for 2 to 3 minutes, then chop it.
- [ ] 4 While the chicken cools, stir the roasted red pepper, chickpeas, red onion, kalamata olives, fresh basil, Extra Virgin Olive Oil and red wine vinegar together in a bowl.
- [ ] 5 Arrange the chopped chicken in the 2 romaine or Boston lettuce leaves.
- [ ] 6 Spoon the roasted red pepper mixture over the chicken in each leaf.

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