



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Tangerine Chicken Lettuce Wraps

Featured Item: Hydroponic Lettuce

Serving Size: 1 wraps • Yield: 2

Fun Facts:

- Lettuce can be grown without soil.

Try It!

- Swap out the chicken with chicken salad, tuna salad, barbeque chicken, or hummus.
- Some types of lettuce can be cooked on the grill.

INGREDIENTS

- Tangerine Chicken**: **1/2 cup**
Carrots, Shredded: **1/4 cup**
Brown Rice, Cooked: **1/2 cup**
Hydroponic Lettuce, Local: **2 inner leaves**

DIRECTIONS

1. Preheat oven to 350°F.
2. Prepare Chicken: Prepare chicken according to package instructions.
3. Heat sauce in small saucepan.
4. Add chicken to sauce and mix well to cover.
5. Serve two lettuce wraps. Each is made with 1 lettuce leaf, 1/4 cup rice, 2 ounces of chicken, and 2 tablespoons of carrot.

**Check the store you buy food at for tangerine chicken or similar flavor profile product options.

Source: *Pisanick Partners, LLC.*