

≡ TUSCAN LETTUCE WRAPS ≡

Crisp Romaine lettuce stuffed with Pierce Chicken® Spinach Chicken Dip, red bell pepper, red onion and herbed croutons, served cold.

It's time to turn a new leaf: sandwich carriers beyond bread continue to grow in popularity, giving patrons more low-carbohydrate and low-calorie options for meals away from home. Lettuce wraps add exciting texture and color to cold appetizers.

Source: QSR Magazine, August 2014



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 24 servings

Serving Size: 201g Amount Per Serving	% Daily Value*	
Calories:	230	
Total Fat:	11g	17%
Cholesterol:	60mg	20%
Sodium:	1080mg	45%
Total Carbohydrate:	12g	4%
Dietary Fiber:	2g	8%
Sugars:	4g	
Protein:	22g	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

Pierce Chicken® Chicken Dipz Spinach Chicken Dip (Code #17821)	3 quarts
Romaine lettuce leaves, trimmed	24 each
Red bell pepper, ¼-inch dice	3 cups
Red onion, stemmed, ⅛-inch dice	1½ cups
Garlic rosemary croutons, ½-inch	1 quart

METHOD

1. Spoon ½ cup Spinach Chicken Dip in center of each lettuce leaf.
2. Top each leaf with 1 tablespoon red bell pepper, 1 teaspoon red onion and approximately 5 croutons. Serve cold.