

## April 2018 FCSP Newsletter

As a caregiver, I have found that good food is popular with all my clients. Whether it's watching a cooking show together, discussing favorite restaurants and meals, or just having a cup of coffee together, great memories can be revisited and new ones can be made. Try this delicious recipe together. There are steps that can be accomplished by anyone, even with a physical or cognitive challenge. With reassurance and patience, it will be rewarding and tasty for both of you. I personally love lettuce wraps, they are crunchy and they pack a lot of flavor. Adding veggies of your choice make them a healthy and easy go to.

### Korean Chicken Lettuce Wraps

Hands-on Time 20 Mins Total Time 2 Hours 20 Mins

Yield Serves 4 (serving size: 3 lettuce wraps and 1 1/2 teaspoons sauce)

#### Ingredients

- 2 1/2 tablespoons lower-sodium soy sauce
- 2 tablespoons dark brown sugar
- 1 1/2 tablespoons dark sesame oil
- 1 tablespoon minced fresh garlic
- 1/4 teaspoon black pepper
- 1 pound skinless, boneless chicken breast halves, thinly sliced
- 1 cup uncooked long-grain brown rice
- 2 teaspoons canola oil
- 1 teaspoon toasted sesame seeds
- 12 Bibb lettuce leaves
- 24 English cucumber slices
- 4 green onions, diagonally sliced
- Sriracha or chili paste (if you like it spicy)

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1. Combine first 6 ingredients in a large zip-top plastic bag. Place 2 tablespoons soy sauce mixture in a small bowl; set aside. Add chicken slices to remaining soy sauce mixture in bag; seal. Refrigerate 2 hours.
  2. Cook rice according to package directions.
  3. Remove chicken from bag; discard marinade. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add chicken; cook 2 minutes on each side or until done. Sprinkle sesame seeds over chicken. Place 3 tablespoons rice in each lettuce leaf; top each lettuce leaf with 1/3 cup chicken mixture, 2 cucumber slices, and about 1 1/2 teaspoons green onions. Serve with reserved 2 tablespoons soy sauce mixture.

I hope you find this recipe easy and delicious, as well as healthy for yourself and your loved one. Enjoy!