



RECIPE | CUCUMBERS



# BBQ CHICKEN LETTUCE WRAPS



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Recipe created by *Heather England*



## INGREDIENTS

**1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers  
**1 head** Finest Flavors™ Boston Lettuce  
**2** chicken breasts  
**½ cup** BBQ sauce  
**¼ cup** red onion, minced  
**¼ cup** cilantro, minced  
**3 tbsp** mayonnaise  
**3 tbsp** plain yogurt

**2 tsp** avocado oil  
**½ tsp** sea salt  
**½ tsp** pepper  
**½ tsp** garlic powder

## DIRECTIONS

- 1 Preheat the oven to 400°F. Slice the chicken breasts in half lengthwise, place in a large baking dish.
- 2 Spread the oil on the chicken and sprinkle with garlic powder and salt & pepper. Bake for 30 minutes then remove from oven to cool.
- 3 In a blender, add 4 cucumbers, mayonnaise, yogurt, cilantro, and salt & pepper, and blend until smooth and creamy.
- 4 Slice the remaining cucumbers into small rounds.
- 5 Dice the chicken and mix with the barbecue sauce in a large bowl.
- 6 To build your lettuce cups, take two lettuce leaves and add the BBQ chicken, cucumbers, and red onion. Drizzle the cilantro cucumber sauce over the top and serve.



**45 min**

**15 min** PREP | **30 min** COOKING



**6**



**easy**