



RECIPE | CUCUMBERS

BBQ CHICKEN LETTUCE WRAPS



15 min
PREP.



45 min

30 min
COOKING

6

easy

INGREDIENTS

Recipe created by Heather Englund

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.

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