

Asian Lettuce Wrap Chicken Chopped Salad

★★★★★ 5 from 64 votes

Rather than serving these Asian Chicken Lettuce Wraps as an appetizer, everything is served over a great big chopped salad! Light, quick and easy to make!

TOTAL TIME:
15 mins

YIELD: 4 Servings COURSE: Dinner, Salad CUISINE: Chinese, Japanese

Ingredients

For the Salad Dressing:

- 3 tablespoons rice vinegar
- 1 1/2 tablespoons grapeseed or canola oil
- 1 teaspoon sesame oil
- 1 teaspoon honey
- 1 teaspoon grated fresh ginger
- 1 clove garlic (minced)
- 1/8 tsp kosher salt and pepper

For the chicken:

- 1/4 cup hoisin sauce*
- 1 tablespoon rice vinegar
- 2 teaspoons Sriracha sauce
- 2 tablespoons less sodium soy sauce*
- 1 teaspoon grated fresh ginger
- cooking spray
- 1 pound ground chicken
- 8 ounce can water chestnuts (drained and diced)



- 2 tbsp chopped unsalted cashews
- 2 scallions (thinly sliced)

For the Salad:

- 1 head Boston or Bibb lettuce (chopped)
- 1 romaine lettuce heart (chopped)
- 2 carrots (grated)

Instructions

1. For the dressing: In a small bowl, whisk together the vinegar, oils, honey, ginger, garlic, and salt and pepper to taste. Set the dressing aside.
2. For the chicken: In a medium bowl, whisk together the hoisin, vinegar, Sriracha, soy sauce, and ginger. Set aside.
3. Heat a medium skillet over medium-high heat. Spray with cooking spray then add the chicken and cook until browned and cooked through, 8 to 10 minutes.
4. Add the water chestnuts and cashews to the pan. Pour the reserved hoisin mixture on top and cook for 1 to 2 minutes to heat through. Stir in the scallions. Remove from the heat and set aside.
5. For the salad: In a large salad bowl, combine both of the lettuces and the carrots. Toss the salad with the dressing and divide in 4 bowls. Top each with 3/4 cup chicken mixture.
6. Serve immediately.

Notes

*check labels for gluten-free.

Nutrition

Serving: 1 1/2 cups lettuce, 3/4 cup chicken, Calories: 332kcal, Carbohydrates: 23g, Protein: 24g, Fat: 18g, Saturated Fat: 3g, Cholesterol: 96mg, Sodium: 585mg, Fiber: 4g, Sugar: 7g
- WW Points: 5

Taste of Home



Pork Kabobs

🕒 Total Time Prep: 15 Min. + Marinating
Grill: 15 Min.

Yield 8 Servings



👍 Test Kitchen Approved

Juicy and easy to prep, these pork kabobs are a tasty addition to the weekly lineup or for entertaining guests with minimal time in the kitchen.

Ingredients

- 2 cups plain yogurt
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 2 pounds pork tenderloin, cut into 1-1/2-inch cubes
- 8 small white onions, halved
- 8 cherry tomatoes
- 1 medium sweet red pepper, cut into 1-1/2-inch pieces
- 1 medium green pepper, cut into 1-1/2-inch pieces
- Salt and pepper to taste

Directions

- 1 In a shallow dish, combine yogurt, lemon juice, garlic, cumin and coriander. Add pork and turn to coat; cover and refrigerate 6 hours or overnight.
- 2 Alternate pork, onions, tomatoes and peppers on 8 metal or soaked wooden skewers. Sprinkle with salt and pepper. Grill, covered, over medium heat until meat juices run clear, 15-20 minutes, turning occasionally.

Nutrition Facts

1 kabob: 190 calories, 5g fat (2g saturated fat), 67mg cholesterol, 63mg sodium, 11g carbohydrate (7g sugars, 2g fiber), 25g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1/2 fat.

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This recipe was originally for lamb, but I adapted it to pork and adjusted the spices. It's always requested when the grill comes out for the season. —Bobbie Jo Miller, Fallon, Nevada

RECIPE CREATOR

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Grilled Hawaiian Chicken Kabobs



Recipe by Splenda® | Photo by Splenda®

These grilled Hawaiian chicken kabobs are a must-have at your next cookout with family and friends. With all those colors, they are sure to brighten up the picnic table. They're not only eye-catching—they're great for boosting your protein, fruit, and vegetable intake for the day! The key ingredient in the sweet and tangy marinade for these kabobs is zero- calorie Splenda® Granulated Sweetener.

🕒 1 hr and 15 min prep time 🍳 1 hr and 30 min cook time 🍴 10 servings 🍴 1 Kabob

Step-By-Step Instructions:

1. Soak 10 wooden skewers in water for at least 30 minutes.
2. Meanwhile, place chicken in a large zip-close bag. Add oil, soy sauce, vinegar, Splenda Granulated Sweetener, lemon juice, garlic, ginger, and jalapeño. Massage mixture into chicken to cover completely. Marinate at room temperature for at least 1 hour or refrigerate overnight.
3. Remove chicken from marinade. Bring marinade to a boil and set marinade aside for brushing kabobs while grilling.

4. Thread skewers with chicken, pineapple, red onion, and bell peppers, alternating ingredients evenly.
5. Heat grill to medium heat. Grill kabobs, flipping occasionally and brushing with reserved marinade until fully cooked, about 10–15 minutes. Serve and enjoy.

Nutrition Facts

10 Servings

Serving Size 1 Kabob

Amount per serving

Calories

120

% Daily value*

Total Fat 3g **4%**

Saturated Fat 0.7g **4%**

Trans Fats 0g

Cholesterol 40mg **13%**

Sodium 90mg **4%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Added Sugars 0g **0%**

Protein 15g

Potassium 300mg **6%**

Ingredients

boneless, skinless chicken 1 1/2
breasts (cut into 1-inch pieces) lbs

olive oil 1 tbsp

soy sauce (lowest sodium
available) 1 tbsp

rice wine vinegar 1 tbsp

Splenda® Granulated
Sweetener 1 tbsp

lemon (juiced) 1/2 whole

garlic (cloves minced) 2 clove

Knob Ginger (peeled,
minced) 1 whole

jalapeño pepper (seeded,
minced) 1 whole

Fresh Pineapple (chunks) 10 oz

red onion (medium size, cut
into 1-inch pieces) 1 med

bell peppers (red and green,
cut into 1 inch pieces) 2
whole