



Lettuce Chicken 'n Rice Wraps
with Southern Sweet Potato Sauce

Sweet Potato Sauce:

1 medium sweet potato, cooked, peeled
1/2 teaspoon garlic powder
1 cup unsweetened oat milk
1/4 cup nutritional yeast
1 Tablespoon honey
Salt and black pepper to taste

Directions:

- Roast sweet potatoes at 400 degrees F for about 25 minutes and softened or as an alternate, cook pricked sweet potato in microwave on high power for 5 to 7 minutes until softened. Peel cooled soft sweet potato. Place sweet potato in food processor.
- Add garlic powder, oat milk, nutritional yeast, and honey; process until smooth. Season to taste with salt and black pepper.
- Use immediately or place in sealed container until ready to use.

Lettuce Chicken 'n Rice Wraps

1 head Bibb or Butter lettuce

1-1/3 cups cooked Jasmine rice, warmed

1 cup Sweet Potato Sauce, warmed

1 cup torn or chopped cooked chicken

Toppings: (2-1/2 inch) long thin slices from 2 to 3 mini cucumbers,
2-inch strips roasted red pepper, broken raw pecans, chopped dates, chopped green
onion, seasoned small croutons

Directions for Wraps:

- Break off the lettuce leaves; place two lettuce leaves on each small dinner plate overlapping the lettuce edges.
- Place about 1/3 cup warm rice in center of each lettuce wrap.
- In a medium sized bowl, stir the warm sweet potato sauce with the chicken.
- Place about 1/4 cup chicken with sauce over the rice on the wrap.
- Arrange about 4 cucumber sticks and 4 thin red pepper strips on the sides of saucy chicken.
- Sprinkle the wraps with broken pecans, chopped dates, green onions, and seasoned croutons as desired.
- Serve as open faced wraps. Yield: 4 supper wraps

Cook's Note: You will have extra sauce that can be used to make more wraps or save for another recipe. It's a great recipe for leftover chicken and rice. The wraps are delicious warm or room temperature.

About the Recipe: Make chicken and rice special by serving them in a lettuce wrap. Prepare the sweet potato sauce ahead and store in the refrigerator until ready to use. The recipe is super easy and makes a quick and healthy supper. The sweet potato sauce is delicious and filled with good-for-you potassium. Mix it with cooked chopped chicken and serve over the flavorful rice. Add your own favorites like cucumber and roasted red pepper strips, green onions, sweet dates, broken pecans, and add a sprinkle of crumbly seasoned croutons for crunch. Serve it open face or wrap them up with the tender lettuce. Make sure lots of napkins are available.