

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Cashew Chicken Lettuce Wraps

*[The Real Food Diet Cook Book, by Dr. Josh Axe]*

### Ingredients:

- 2 tbsp Bragg's liquid aminos
- 2 tbsp honey
- 2 tbsp coconut oil
- 1 ½ lbs chicken breasts cut into ¾ inch pieces
- Sea salt & pepper to taste
- 2 cloves garlic, finely chopped
- 1 tbsp grated ginger root
- 1 bunch scallions, trimmed and sliced
- 1 eight-oz can sliced water chestnuts, drained
- ¼ cup cashews, toasted

### Directions:

- Combine aminos and honey in a small bowl and set aside.
- Heat oil in a large skillet over medium heat. Season chicken with sea salt and pepper and cook, stirring occasionally, until chicken begins to brown, about 5 minutes
- Stir in garlic, ginger and scallions and cook for 1 minute
- Stir in water chestnuts and sauce. Continue to cook until chicken is cooked through, about 4 minutes. Remove from heat and sprinkle with cashews.
- Divide lettuce leaves among individual plates and scoop chicken over the top.