

Chicken Stir-Fry Wraps

Servings: 2

From <http://www.marthastewart.com/317624/chicken-stir-fry-wraps?center>

Ingredients

2 boneless, skinless chicken breasts, halved horizontally and thinly sliced

Pepper

1 tablespoon olive oil, divided

1/2 red onion, thinly sliced

1/2 red bell pepper, thinly sliced

1 teaspoon minced garlic

3/4 teaspoon minced ginger

1/4 teaspoon red-pepper flakes

1 1/2 tablespoons reduced-sodium soy sauce

1 1/2 tablespoons rice vinegar

3/4 teaspoons cornstarch, mixed with 1/2 tablespoon water

6-8 Boston lettuce leaves (about 1 head)

Preparation

1) Season chicken with pepper. In a large nonstick skillet, heat 1/2 tablespoon oil over high heat. Add half the chicken; cook, stirring constantly, until opaque throughout, 2 to 4 minutes. Transfer to a plate. Repeat with remaining chicken.

2) Add remaining 1/2 tablespoon oil to pan, along with the onion and bell pepper. Cook, stirring constantly, until onion is tender and golden, about 4 minutes (reduce heat if browning too quickly).

3) Reduce heat to medium; add garlic, ginger, and red-pepper flakes; cook, stirring, until fragrant, 30 to 60 seconds.

4) Stir in soy sauce, vinegar, and cornstarch mixture; remove from heat. Add chicken and any accumulated juices; toss to coat. Serve in lettuce cups.