



# Cooking in the Kitchen at Olums

**Molly Morgan** RD, CDN, CSSD  
*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Chicken and Mango Lettuce Wraps

Serves 4

### Ingredients:

- 1 Tbsp. olive oil
- 1 pound cooked rotisserie chicken, cut into pieces (skin and bones removed)
- ¼ tsp. ginger
- ½ tsp. of garlic powder
- ¼ tsp. cayenne pepper
- 2 Tbsp. of lime juice
- 1-2 large ripe mangoes, cut into 1" chunks, divided
- 1 red onion, diced, divided
- Bibb or romaine lettuce (for "wraps")
- 1 cup of carrot, shredded

### Directions:

1. Heat a large skillet over medium heat and add the olive oil. Then add in the chicken and top with the ginger, garlic powder, and cayenne. Cook for 10-12 minute, until the chicken is starting to brown on the outside.
2. To the skillet add in the lime juice, one diced mango, and half the red onion. Cook for additional 8-10 minutes or until the chicken is cooked through (internal temperature of at least 165° F for 15 seconds).
3. Remove the chicken from the heat.
4. Assemble wraps using lettuce as the wrap. Then top with shredded carrot, and remaining onion and fresh mango as desired.