Asian Chicken Lettuce Cups

Ingredients:

¼ cup low-sodium soy sauce
¼ cup brown sugar
¼ cup fire roasted sesame oil
¼ cup hoisin sauce
4 cloves fresh garlic, minced
½ tsp. freshly ground pepper
1 lb. chicken breast tenders
1 cup quick cook brown rice
2 tbsp. grapeseed oil
1 bunch Boston lettuce, rinsed and patted dry
3 green onions, sliced, white and green parts
2 tbsp. toasted sesame seeds

Directions:

1) Combine the first six ingredients together, reserving ¼ cup of the marinade in a separate bowl.

2) Place the chicken tenders in a container, large enough to lay them out in a single layer and pour the marinade over them.

3) Cover the container with saran wrap and marinate the chicken in the refrigerator for a minimum of two hours.

4) Add the grapeseed oil to the pan and warm over medium heat.

5) Remove the chicken from the marinade, discarding the marinade. Add the chicken to the pan and cook it for 3-4 minutes per side until cooked through.

6) Meanwhile prepare the rice according to package directions.

7) Move the cooked chicken to a cutting board and cut it into bite-sized pieces. Transfer the chicken to a serving bowl and sprinkle with the sesame seeds.

8) To serve, place lettuce leaves on a plate and spoon some of the brown rice onto the center of the leaf. Add a few pieces of the chicken, a spoonful of the chopped green onions, and then drizzle the lettuce cup with a generous tablespoon of the reserved marinade from step one.