Grilled Chicken Lettuce Wraps with Blueberry Bell Pepper Relish



Turn the traditional salad into fun-to-eat lettuce wrap! Grilled Chicken Lettuce Wraps are bursting with flavor thanks to the Blueberry Bell Pepper Relish, plus they're packed with antioxidants and A, B and C vitamins!

Timing

Prep time	Total time	Skill level
25 mins	**45 mins**	**Easy**

What You'll Need

Relish

- 1 large red bell pepper
- ½ medium onion
- 1 ½ cup blueberries
- 1 cup yellow corn, no salt added (frozen, canned or fresh)
- 1 Tbsp lime juice
- ¼ tsp salt
- ? tsp black pepper
- 2 Tbsp fresh cilantro chopped

- 1 jalapeno pepper, chopped (optional)

Lettuce Wraps

- 1 lb boneless skinless chicken breast
- 1 Tbsp canola oil
- 8 large lettuce leaves

Directions

1. Chop bell pepper and onion. Mix with remaining relish ingredients. Set aside.
2. Coat chicken with canola oil and grill until done, turning as needed. Remove from grill and set aside to cool.
3. Cut chicken into bite-size chunks and set aside.
4. Place two lettuce leaves on each plate. Divide chicken and relish evenly among the eight lettuce leaves. Roll up and serve with a whole grain roll and a glass of nonfat milk.