

SPOTLIGHT RECIPE

BARBECUE CHICKEN AND PINEAPPLE LETTUCE WRAPS WITH CILANTRO-YOGURT SAUCE

- Season the chicken with the salt, pepper, paprika, garlic powder and onion powder. Heat a large skillet over medium heat and add the olive oil. Add the chicken and cook until browned and cooked through, flipping once or twice, about 6 to 8 minutes. Remove the chicken and place it in a bowl. Add the onion and brown sugar, stirring well to remove any brown bits from the pan. Cook, stirring occasionally for 5 minutes, or until golden brown. Stir in the pineapple and garlic. Cook for 5 to 6 minutes more, stirring often. Add the cashews and stir. Add the chicken back into the skillet and stir in the barbecue sauce. Let cook for another 5 minutes.
- To assemble the lettuce wraps, put a piece of green-leaf lettuce over the iceberg lettuce. Add some sliced avocado into the lettuce leaves, and then top with a few spoonful of the chicken mixture. Add the green onions, cilantro and a drizzle of barbecue sauce. Finish off with the drizzle of the yogurt-cilantro sauce.

For the Greek yogurt-cilantro drizzle

- Add all of the ingredients to a food processor and blend until pureed. Drizzle over the lettuce wraps.

Ingredients

Servings: 4

- 1 pound boneless, skinless chicken breasts, cut into pieces
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons olive oil
- 1/2 red onion, diced
- 1 tablespoon brown sugar
- 1 1/2 cups cubed pineapple (roughly the same size as chicken pieces)
- 2 garlic cloves, minced
- 2 tablespoons coarsely chopped cashews
- 3 tablespoons barbecue sauce, plus more for drizzling
- 1 head of green-leaf lettuce, leaves torn off
- 1 head of iceberg lettuce, leaves torn off
- 1 avocado, sliced
- 4 green onions, sliced
- 1/3 cup freshly torn cilantro

For the Greek yogurt-cilantro drizzle

- 1/3 cup Greek yogurt
- 1/3 cup freshly torn cilantro
- 3 tablespoons milk
- 1 tablespoon fresh lime juice
- 1/2 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

