



## Mega Chicken & Shrimp Lettuce Wraps



Entire recipe: 316 calories, 5g total fat (1g sat. fat), 925mg sodium, 21.5g carbs, 3.5g fiber, 8g sugars, 46g protein

**Prep:** 10 minutes    **Cook:** 10 minutes



### Ingredients

1 tbsp. reduced-sodium/lite soy sauce  
1 tsp. granulated sugar  
1 tsp. chopped garlic  
1/2 tsp. ground ginger  
1 cup chopped shiitake mushrooms  
3 oz. cooked and chopped skinless chicken breast  
3 oz. chopped ready-to-eat shrimp  
1/2 cup canned sliced water chestnuts, drained and chopped  
1/2 tsp. sesame oil  
1/4 cup chopped scallions  
5 medium iceberg lettuce leaves

### Directions

In a medium bowl, thoroughly mix soy sauce, sugar, garlic, and ginger.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms until softened, about 4 minutes.

Add chicken, shrimp, water chestnuts, and sauce mixture. Cook and stir until mixture is hot, about 2 minutes.

Remove from heat, and stir in sesame oil and scallions.

Let cool slightly, and then distribute among lettuce leaves!

**MAKES 1 SERVING**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.