

# Buffalo Chicken Lettuce Wraps

## Instructions:

1. In a slow cooker, combine chicken, onion, celery stalk, garlic and broth (enough to cover your chicken; use water if the can of broth isn't enough).
2. Cover and cook on high 4 hours.
3. Remove the chicken from pot, reserve 1/2 cup broth and discard the rest.
4. Shred the chicken with two forks, return to the slow cooker with the 1/2 cup broth and the hot sauce and cook on high for an additional 30 minutes. Makes 3 cups chicken.
5. To prepare lettuce cups, place 1/2 cup buffalo chicken in each leaf, top with 1/4 cup shredded carrots, celery and dressing of your choice. Wrap up and start eating!

## Nutrition Information:

Yield: 6 servings

Serving Size: 1/2 cup + veggies

Sodium: 879mg

Carbohydrates: 5.2g

Fiber: 1.5g

Sugar: 1.5g

Protein: 25g

## Ingredients:

For the chicken:

24 oz (3) boneless skinless chicken breasts

1 celery stalk

1/2 onion, diced

1 clove garlic

16 oz fat-free low-sodium chicken broth

1/2 cup cayenne pepper sauce

For the wraps:

6 large lettuce leaves, bibb or iceberg

1 1/2 cups shredded carrots

2 large celery stalks, cut into

2 inch matchsticks

Recipe from [skinnytaste.com](http://skinnytaste.com)

[metrohealth.org/simplywell](http://metrohealth.org/simplywell)



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# Overnight Oats in a Mason Jar

## Instructions:

1. Place all of the ingredients in a Mason jar.
2. Close jar, shake and refrigerate overnight.
3. The next morning, add your favorite crunchy toppings such as nuts or granola, and enjoy!

## Nutrition Information:

Yield: 1 serving

Serving Size: 1 jar

Total Fat: 11g

Sodium: 95mg

Carbohydrates: 35.5g

Fiber: 8.5g

Sugar: 12g

Protein: 6g

## Ingredients:

1/4 cup quick oats

1/2 cup unsweetened almond milk (or skim, soy)

1/4 medium banana, sliced (freeze the rest for smoothies!)

1/2 tbsp chia seeds

1/2 cup blueberries

4-5 drops liquid vanilla stevia (or your favorite sweetener)

Pinch of cinnamon

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