

Buffalo Chicken Crock Pot Lettuce Wraps

Note: Can serve on top of a salad as well!

Ingredients:

- Whole Chicken or 4 boneless skinless chicken breasts
- 1 celery stalk
- ½ onion, diced
- 1 clove garlic
- 16 ounces fat-free low-sodium chicken broth
- ½ cup hot cayenne pepper sauce



Wraps:

- 6 large lettuce leaves, Bibb or Iceberg
- 1½ cups shredded carrots
- 2 large celery stalks, cut into 2-inch matchsticks

Directions:

- In a crockpot, combine chicken, onions, celery stalk, garlic, and broth.
- Cover and cook on medium 6 hours.
- Remove the chicken from pot, reserve ½ cup broth and discard the rest.
- Shred the chicken with two forks, return to the slow cooker with the ½ cup broth and the hot sauce and set to on high for an additional 30 minutes.
- To prepare lettuce cups, place ½ cup buffalo chicken in each leaf, top with ¼ cup shredded carrots, celery, and dressing of your choice. Wrap up and enjoy!