Ingredients

1/3 cup brown sugar, packed
1/4 cup reduced sodium soy sauce
1 Tbsp sesame oil
1/4 tsp ground ginger
1/2 tsp black pepper
1 Tbsp canola oil
3 cloves garlic, minced
1 pound ground chicken
1 can diced water chestnuts (optional)
10 green onions, thinly sliced
1/2 cup shredded carrots
Bib, boston, or butter lettuce
2 cups of cooked brown rice

Instructions

In a small bowl, mix together: brown sugar, soy sauce, sesame oil, ginger and pepper and mix well to combine. Heat vegetable oil in a large skillet over medium high heat.

Add garlic and cook, stirring constantly for about 1 minute. Add ground chicken and cook until browned, about 10 minutes, making sure to crumble the chicken as it cooks. While the chicken is cooking, slice the green onions and grate the carrots using a drum grater.

Drain water chestnuts and add them to the chicken along with soy sauce mixture and half of the green onions and mix well, allowing to simmer until heated through, about 2 minutes.

While meat is cooking, gently remove leaves from a head of lettuce that has been cut in half.

To assemble, take a lettuce leaf and put a tablespoon or two of brown rice, chicken mixture, then top with shredded carrots and green onions.

Enjoy!