

Lettuce Wraps with Slow Cooked Shredded Chicken

Ingredients (serves 8-10)

2 pounds chicken (boneless thighs or boneless breasts work well)
1 packet taco seasoning (or ¼ c. of a homemade blend)
2 chipotle peppers in adobo sauce, minced
1/2 cup chicken broth
1 head lettuce
Taco toppings

-Place chicken in a slow cooker and sprinkle with seasoning and minced chipotle peppers. Add 1/2 cup of broth, and cook on low for 6-8 hours or on high for 3-4 hours.

-Remove chicken to a bowl and shred with two forks. Check for seasoning and add more peppers or salt if needed. Skim fat from cooking liquid and return chicken to slow cooker with liquid. Keep warm until ready to serve.

-Carefully peel leaves from lettuce and trim if needed. Spoon chicken into leaves and top with your favorite taco ingredients.

***Lettuce Wraps can be used with and assortment of fillings such as tuna, egg or chicken salad, hummus and veggies, grilled steak, falafel, veggie burgers, rice and beans, etc...**

Red Raspberry Salad Dressing

Blend 2 tablespoons raspberry vinegar, 1 chopped shallot, 1 teaspoon each honey and dijon mustard, and 1/2 teaspoon kosher salt in a blender. Gradually blend in 1/3 cup olive oil; add 1/2 cup raspberries and pulse to combine.

Miso-Ginger Salad Dressing

Blend 1 tablespoon each miso paste and grated peeled ginger, the juice of 2 limes, 1/2 garlic clove, 1 chopped scallion, 1 teaspoon Sriracha and 1/2 teaspoon sugar in a blender. Gradually blend in 1/2 cup vegetable oil.

Basil-Walnut Salad Dressing

Blend 3/4 cup olive oil, 3 tablespoons each toasted walnuts and lemon juice, 1 cup fresh basil, 1 garlic clove and 1 teaspoon kosher salt in a blender.

Classic Vinaigrette

Whisk 2 tablespoons red wine vinegar, 2 teaspoons dijon mustard, 1/2 teaspoon kosher salt, and pepper to taste. Gradually whisk in 1/3 to 1/2 cup olive oil.

Lemon Balsamic Dressing

Whisk 2 tablespoons balsamic vinegar, 1 tablespoon lemon juice, 2 teaspoons dijon mustard, 1/2 teaspoon kosher salt, and pepper to taste. Gradually whisk in 1/2 cup olive oil.

Greek Vinaigrette

- ½ cup red wine vinegar
- ¼ cup olive oil
- 2 tsps. garlic powder
- 2 tsps. oregano
- 1 tsp basil
- 1 tsp sea salt
- 1 tsp onion powder
- 1 tsp Dijon mustard
- Pinch of pepper

Combine all of the ingredients in a mason jar and shake until combine.

Store in the fridge for a week.

Note: when you take it out for your salads either take it out a few minutes before you need it or microwave it for fifteen seconds to soften it.

Italian Salad Dressing

- ¾ cup extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons red wine vinegar
- 1 large garlic clove, grated
- 1 tablespoon shallots or onion, grated
- 1 tablespoon red bell pepper, finely chopped
- 1 teaspoons Dijon mustard
- ½ teaspoon honey
- 1 teaspoon fresh oregano, chopped
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh parsley, chopped
- ⅛ teaspoon red pepper flakes
- Salt and pepper to taste

Combine all of the ingredients in a mason jar and shake until combine.

Store in the fridge for a week.

Ginger Dressing

- ½ cup minced onion
- ½ cup peanut oil
- ⅓ cup rice vinegar
- 2 tablespoons water
- 2 tablespoons minced, fresh ginger
- 2 tablespoons minced celery
- 2 tablespoons ketchup
- 4 teaspoons soy sauce
- 2½ teaspoons granulated sugar
- 2 teaspoons lemon juice
- ½ teaspoon minced garlic
- ½ teaspoon salt
- ¼ teaspoon black pepper

Place all ingredients in a blender. Blend until smooth, about 45 seconds.

Refrigerate until ready to use.

Blue Cheese Dressing

- ¾ cup mayonnaise
- ¾ cup sour cream
- 1 tablespoon lemon juice
- ½ cup 1% milk
- ½ teaspoon garlic powder
- 1½ teaspoons Worcestershire sauce
- ½ cup blue cheese crumbles
- 1 ½ tablespoon chives, chopped

Whisk everything except the Blue cheese together. Once combined, gently fold in the Blue cheese.

Avocado Lemon Dressing

- 1/2 Avocado
- Juice from 1 lemon
- 1/4 cup extra virgin olive oil
- 1/2 a clove garlic
- 1/4 cup cilantro
- 1/4 cup apple cider vinegar (red wine vinegar works too)
- 3 Tbsp honey
- salt/pepper to taste

Put everything into a blender and blend until smooth

Caesar Dressing

- 1 pasteurized egg, at room temperature
- 1 cup olive oil, mild or extra virgin, your choice, at room temperature
- ¼ cup grated Parmigiano Reggiano cheese
- 1 clove garlic, smashed (add 1 more clove if you love garlic)
- 4 tbsp. fresh lemon juice
- 1 ½ tsp Dijon mustard
- ½ tsp salt
- ½ tsp fresh cracked black pepper
- 1 ½ tsp anchovy paste

Put all the ingredients in a large mason jar. Make sure your egg and oil are at room temperature.

Put an immersion blender down into the jar, and turn on. Blend, pulling up as you go, until the dressing has emulsified. This will only take a few seconds. Give it a stir, and then taste to adjust the seasoning. Tasting is key to getting it just perfect. You may want a little more anchovy, or lemon. I always add more cracked pepper.

Keep refrigerated and eat within a few weeks.

Honey Mustard Vinaigrette

- ¼ cup Dijon mustard
 - ¼ cup honey
 - ¼ cup vinegar
 - ¼ cup mild oil
 - couple dashes of pepper
- Combine all ingredients in a jar and shake