

Meal Planning on a Budget:
Buffalo Chicken Lettuce Wraps

Ingredients:

½ small onion, chopped
One large celery stalk, cut into 2 inch pieces
Three large celery stalks, cut into 3-4 inch pieces
1 clove garlic, minced or pressed
1 6 oz. chicken broth (low sodium if possible)
½ cup cayenne pepper sauce
Iceberg lettuce leaves
3 lbs. boneless, skinless chicken breasts
Blue cheese dressing

Directions:

Place chicken, onion, smaller celery pieces, garlic and broth into Crock Pot. The broth should cover the chicken – if it doesn't add water until meat is covered. Cook on Low for 7 hours.

Remove chicken from pot. Carefully measure out 1 cup of remaining liquid, and dispose of the rest. Shred chicken using two forks, and return to Crock Pot. Add cayenne pepper sauce and ½ cup of the reserved liquid. Cook on High for 30 minutes.

Add back in some of the reserved liquid, only if necessary, to reach desired consistency.

Fill lettuce leaves with chicken, and with celery sticks & blue cheese dressing!

