



Low-Sodium Buffalo Chicken Lettuce Wraps

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 3-4 HRS

INGREDIENTS

- 1/2 cup unsalted butter or a healthy alternative like avocado oil
- 1/2 cup hot sauce (choose a low-sodium brand or make your own)
- 2 tbsp. apple cider vinegar (for a healthier option)
- 1 tsp. garlic powder (no salt added)
- 1 tsp. onion powder (no salt added)
- 1/2 tsp. smoked paprika
- 1/4 tsp. cayenne pepper (adjust to taste)
- 1/2 tsp. ground black pepper
- 1 tbsp. honey or pure maple syrup (optional, for natural sweetness)
- 1 tbsp. cornstarch mixed with 1 tablespoon water (optional, for thickening)

DIRECTIONS

1. In a small saucepan, melt the unsalted butter or heat the avocado oil over medium heat. Avocado oil is a healthier fat with a high smoke point, making it a great substitute.
2. Add the hot sauce to the melted butter or oil and stir to combine. For a homemade low-sodium hot sauce, blend red chili peppers, a small amount of vinegar, garlic, and water.
3. Add the apple cider vinegar, garlic powder, onion powder, smoked paprika, cayenne pepper, and black pepper. Stir well to ensure the spices are evenly distributed.
4. If you prefer a slightly sweet buffalo sauce, add honey or pure maple syrup and stir until fully incorporated. These natural sweeteners provide a healthier option than refined sugar.
5. If you like a thicker buffalo sauce, mix the cornstarch with water to create a slurry and add it to the saucepan. Stir continuously until the sauce thickens to your desired consistency.
6. Let the sauce simmer on low heat for about 5-10 minutes, stirring occasionally to allow the flavors to meld together.
7. Remove the sauce from heat and let it cool. Store it in an airtight container in the refrigerator for up to two weeks.