

Make Your Own - Little Gem Boats

Try our Kids Country recipe, there are many recipes available.

You can adapt fillings to your taste!

Ingredients

2 tbsp low fat mayonnaise

1 lemon zest & juice

1 tbsp chopped chives, salt & pepper to taste

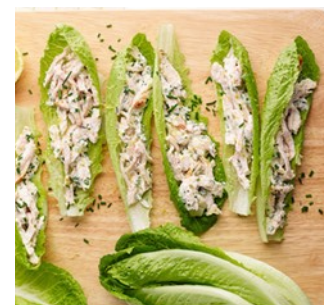
1 cooked chicken breast, skinned and cut into strips

1 whole Baby gem Lettuce

Optional: Baby tomatoes/radishes/ watercress/celery, cucumber etc.

Method

1. In a large bowl mix together the mayonnaise, zest, & juice of half a lemon, chives and season.
2. Stir in the chicken strips
3. Separate, wash and trim the Baby gem leaves and lay them on a serving platter. Spoon the chicken into each leaf. Top with a little watercress and serve immediately.
4. If just using salad items, make sure all are washed and dried.
5. Then assemble into each leaf.
6. This makes a fun way of getting children interested in food



**Always ask for an adult's permission before cooking
In the kitchen.**