

asian-style chicken wraps

Ingredients

For sauce:

1 small jalapeño chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 1 tablespoon); for less spice, use green bell pepper

1 tablespoon garlic, minced (about 2–3 cloves)

3 tablespoon brown sugar or honey

1/2 cup water

1/2 tablespoon fish sauce

2 tablespoons lime juice (or about 2 limes)

For chicken:

1 tablespoon peanut oil or vegetable oil

1 tablespoon ginger, minced

1 tablespoon garlic, minced (about 2–3 cloves)

12 ounces boneless, skinless chicken breasts, cut into thin strips

1 tablespoon lite soy sauce (low-sodium)

1 tablespoon sesame oil (optional)

1 tablespoon sesame seeds (optional)

For wrap:

1 (small) head red leaf lettuce, rinsed, dried, and separated into single leaves large enough to create wrap

8 fresh basil leaves, whole, rinsed and dried

2 cups bok choy or Asian cabbage, rinsed and shredded



1. To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3–5 minutes. Chill in refrigerator for about 15 minutes or until cold.
2. Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked but not browned, about 30 seconds to 1 minute.
3. Add chicken, and continue to stir fry for 5–8 minutes.
4. Add soy sauce, sesame oil (optional), and sesame seeds (optional), and return to a boil. Remove from the heat, and cover with lid to hold warm in hot sauté pan.
5. Assemble each wrap: Place one large red lettuce leaf on a plate, then add 1/2 cup chicken stir-fry, 1 basil leaf, and 1/4 cup shredded cabbage and fold together. Serve two wraps with 1/4 cup sauce.

Yield 4 servings, **Serving Size** 2 wraps, 1/4 cup sauce, **Calories** 242, **Total Fat** 10 g, **Saturated Fat** 2 g, **Cholesterol** 47 mg, **Sodium** 393 mg, **Total Fiber** 3 g, **Protein** 21 g, **Carbohydrates** 17 g, **Potassium** 636 mg



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