Michele Sodon

NUTRITION PER SERVING:

CALORIES	242
PROTEIN	21 G
CARBOHYDRATE	17 G
TOTAL FAT	10 G
PREP TIME:	15 MINUTES
COOK TIME:	20 MINUTES
YIELD:	4 SERVINGS
SERVING SIZE:	2 WRAPS, ¼ C SAUCE

FOR SAUCE:

1	SMALL JALAPENO CHILI PEPPER, RINSED AND SPLIT LENGTHWISE—RE MOVE SEEDS AND WHITE MEMBRANE, AND MINCE (ABOUT 1 TBSP); FOR LESS SPICE, USE GREEN BELL PEPPER
1 TBSP	GARLIC, MINCED (ABOUT 2–3 CLOVES)
3 TBSP	BROWN SUGAR OR HONEY
½ C	WATER
½ TBSP	FISH SAUCE
2 TBSP	LIME JUICE (OR ABOUT 2 LIMES)

FOR CHICKEN:

1 TBSP	PEANUT OIL OR VEGETABLE OIL
1 TBSP	GINGER, MINCED
1 TBSP	GARLIC, MINCED (ABOUT 2–3 CLOVES)
12 OZ	BONELESS, SKINLESS CHICKEN BREAST, CUT INTO THIN STRIPS
1 TBSP	LITE SOY SAUCE
1 TBSP	SESAME OIL (OPTIONAL)
1 TBSP	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 C	BOK CHOY OR ASIAN CABBAGE, RINSED AND SHREDDED
1 TBSP	SESAME SEEDS (OPTIONAL)

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ASIAN-STYLE CHICKEN WRAPS

DELICIOUS FINGER FOOD THAT'S JUST AS HEALTHY AS IT IS FUN TO EAT

01 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.

02 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.

03 Add chicken, and continue to stir fry for 5–8 minutes.

04 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.

05 Assemble each wrap: Place one red lettuce leaf on a plate, then add ½ cup chicken stir-fry, 1 basil leaf, and ¼ cup shredded cabbage and fold together. Serve two wraps with ¼ cup sauce.

✔ Children can help fill the wraps and mix the sauce.