

Gingered Chicken Wraps

Simple Every Day | September 2007



When daily schedules heat up, stay cool at suppertime with this fun 20-minute meal in a wrap.

- 6 8-10-INCH WHOLE WHEAT TORTILLAS
- 12 OZ. SKINLESS, BONELESS CHICKEN BREAST STRIPS FOR STIR-FRYING
- 1/2 TSP. GARLIC SALT
- 1 TBSP. COOKING OIL
- 1 ORANGE SWEET PEPPER, CUT INTO STRIPS
- 4 CUPS CHOPPED NAPA CABBAGE OR SHREDDED BROCCOLI (BROCCOLI SLAW)
- 1 MEDIUM RED ONION, CUT INTO THIN WEDGES
- 1 TSP. GRATED GINGERROOT
- 1 RECIPE *PEANUT SAUCE* (BELOW)
- SNIPPED FRESH CILANTRO
- CHOPPED ROASTED PEANUTS

Wrap tortillas in foil. Heat in 350° oven for 10 minutes. Coat chicken with garlic salt and $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon ground black pepper. In a large skillet cook and stir chicken in hot oil over medium-high heat for 2 to 3 minutes until no longer pink. Remove from skillet; keep warm. Add peppers, cabbage, onion, and gingerroot to skillet. Cook and stir 2 to 3 minutes until crisp-tender. Spread each tortilla with 1 tablespoon *Peanut Sauce*. Top with chicken and vegetables. Sprinkle with cilantro and peanuts. Roll up each tortilla. Serves 6.

PEANUT SAUCE: In a saucepan combine $\frac{1}{4}$ cup creamy peanut butter, 3 tablespoons sugar, 3 tablespoons soy sauce, 3 tablespoons water, 2 tablespoons cooking oil, and 1 teaspoon bottled minced garlic. Heat until sugar is dissolved, stirring frequently.

Per serving: 330 cal., 16 g fat (3 g. sat. fat), 30 mg chol., 911 mg sodium, 30 g carbo., 3 g fiber, 17 g pro.

SIP THIS

An Asian-style dish calls for an Asian-style beverage to enjoy along with it. Try iced green tea, Thai-style iced coffee (sweetened and topped with heavy cream), or a Chinese beer.