

Fitness Aspects

For the Body & Mind



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.

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)