

## Ginger-Peanut Chicken-Salad Wraps

*Number of Servings: 8*

### Ingredients:

1 tsp. olive oil	1 Tbsp. low-sodium soy sauce
6 (4-ounce) skinned, boned chicken breast halves	1/4 tsp. salt
1 cup of chopped, seeded and peeled cucumber	1/4 tsp. ground red pepper
3/4 cup chopped red bell pepper	1 garlic clove, crushed
1 1/2 Tbsp. sugar	1/4 cup creamy peanut butter
1 Tbsp. minced, peeled fresh ginger	2 Tbsp. water
3 Tbsp. fresh lime juice	3 Tbsp. chopped fresh cilantro
	8 (8-inch) fat-free flour tortillas
	4 cups chopped romaine lettuce

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### Directions:

1. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 5 minutes on each side or until done. Remove the chicken from pan; cool. Shred the chicken into bite-size pieces. Place chicken, cucumber, and bell pepper in a large bowl; set aside..

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2. Place sugar and the next 6 ingredients (sugar through garlic) in a blender, and process until smooth. Add peanut butter and water; process until smooth, scraping sides. Add peanut butter mixture to chicken mixture; stir well. Add cilantro, and toss well.
3. Warm tortillas according to package directions. Spoon 1/2 cup chicken mixture onto each tortilla; top each serving with 1/2 cup lettuce, and roll up.

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### Nutritional information per serving (1 wrap):

- Calories: 280
- Fat: 5.9 g
- Saturated fat: 1.1 g
- Cholesterol: 49 mg
- Carbohydrates: 30.5 g
- Protein: 25.8 g
- Fiber: 2.4 g
- Sodium: 572 mg