

Ginger Peanut Chicken Wraps

Servings: 8

Ingredients:

- 1 pound boneless skinless *chicken breasts*, broiled then diced.
 - 4 or 5 leaves of *Romaine*, torn or chopped
 - 1 cup peeled and seeded *cucumber*, diced
 - 3 Tbl. fresh *cilantro*, chopped
 - 8 (8-inch) *flour tortillas*
- Dressing:**
- 1½ Tbl. *sugar*
 - 1 Tbl. *crystallized ginger*
 - 3 Tbl. *low-sodium soy sauce*
 - ¼ tsp. *red pepper flakes*
 - 1 *garlic clove*, crushed
 - ¼ c. *creamy peanut butter*
 - 1 Tbl. *water*

Directions:

1. [I like to pound out chicken breasts between two sheets of plastic wrap so they cook faster and more evenly.] Broil flattened chicken breasts 7- to 8-minutes on each side. Season with a little garlic powder, or whatever you like, as desired. Let cool then dice.
2. Warm tortillas according to package directions.
3. Place dressing ingredients in blender and blend until smooth.
4. Add chicken, cucumber, cilantro and dressing to a medium bowl and toss well.
5. Spoon ½ c. chicken mixture onto each tortilla, top with ½ c. lettuce and roll up. Enjoy!

Nutrition:

 (Serving size: 1 wrap)

calories: 271 *protein:* 19.1g *total carbohydrate:* 29g *total fat:* 8.6g
sugars: 4.2g *sodium:* 505mg *dietary fiber:* 2.2g *saturated fat:* 1.9g