

Asian Chicken Wrap

Per Serving: Calories 380; Total Fat 12 g (Sat Fat 2 g, Mono Fat 2.5 g, Poly Fat 4 g); Protein 35 g; Carb 29 g; Fiber 3 g; Cholesterol 80 mg; Sodium 420 mg

Ingredients

For the sauce:

3 tablespoons plain Greek-style nonfat yogurt
2 tablespoons mayonnaise
1 tablespoon brown sugar
1 tablespoon low-sodium soy sauce
1 teaspoon Dijon mustard
½ teaspoon toasted sesame oil
¼ teaspoon Thai-style chili sauce (such as Sriracha), optional

For the sandwich:

12 napa cabbage leaves, white center ribs removed
4 cooked chicken breast halves (about 5 ounces each), sliced into ½ -inch-thick slices
1 red bell pepper, sliced into thin strips
4 whole-wheat wrap breads (about 9 inches in diameter)

Directions

To make the sauce, combine the yogurt, mayonnaise, brown sugar, soy sauce, mustard, sesame oil, and chili sauce, if using, and stir until well blended. The sauce will keep up to 5 days in an airtight container in the refrigerator.

To make each wrap, place 2 cabbage leaves on 1 wrap bread, then layer with a quarter of the chicken and peppers. Drizzle with 2 tablespoons of the sauce. Top with an additional cabbage leaf. Fold the bread about an inch over each end of the filling then roll up. Serve or wrap in foil to go.

Makes 4 servings

Serving size: 1 wrap

