

THE DIETITIANS NETWORK OF NOVA SCOTIA

Thai Peanut Wrap

These flavourful, filling wraps are ideal for a night when it's too hot to cook or for lunch the next day. If wrapped tightly in plastic wrap, they can be stored in the fridge for two to three days.

Recipe Name:	Thai Peanut Wrap
Recipe By:	Adapt from ambitiouskitchen.com by Antonia Harvey, PDt
Makes	4 wraps
Ingredients:	<p>¼ cup smooth natural peanut butter 2 tablespoons soy sauce (or tamari) 1 tablespoon rice wine vinegar 1 teaspoon minced ginger 2-3 tablespoons warm water 2 cooked chicken breast, finely chopped or shredded</p> <p>4 10-inch whole-wheat tortillas 2 cups baby spinach 2 large carrots, peeled and shredded 1 red pepper, thinly sliced ¼ cup cilantro, diced 2 green onions, diced</p>
Instructions:	<ol style="list-style-type: none">1. Stir together the peanut butter, soy sauce, rice wine vinegar, ginger, and water in a large bowl until smooth.2. Add the chicken to the bowl and combine with the peanut sauce until well coated.3. Lay one tortilla flat on a clean cutting board or plate. Put ½ cup of the spinach in the middle of the tortilla. Evenly spread ¼ of the chicken over the spinach. Top with ¼ of the shredded carrot, red pepper, cilantro, and green onion.4. Fold the bottom of the tortilla over the fillings, then fold the right side over the fillings, and roll up the tortilla.5. Repeat step 3 and 4 with the remaining tortillas.