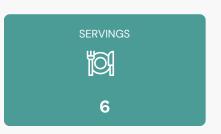


Skinny Peanut and Broccoli Slaw Wraps

airy Free







SIDE DISH

Ingredients

O.1 teaspoon pepper black
2 cups broccoli slaw shredded (broccoli slaw mix)
10 ounces chicken breast boneless skinless
3 10-inch flour whole wheat warmed
0.3 teaspoon garlic powder
0.3 teaspoon ground ginger
1 satay sauce homemade (below)

0.5 cup edamame frozen shelled thawed cascadian farm® (edamame)

Eq	uipment	
	frying pan	
	sauce pan	
	oven	
	whisk	
	aluminum foil	
Diı	rections	
	Sprinkle chicken strips with garlic powder and pepper. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat skillet over medium-high heat.	
	Add seasoned chicken; cook and stir for 2 to 3 minutes or until chicken is no longer pink.	
	Remove chicken from skillet; keep warm.	
	Add broccoli, edamame, and ginger to skillet. Cook and stir for 2 to 3 minutes or until vegetables are crisp-tender.	
	Spread tortillas with Homemade Peanut Sauce. Top with chicken strips and vegetable mixture.	
	Roll up tortillas.	
	Cut each wrap in half.	
	Serve immediately.	
	Homemade Peanut Sauce: In a small saucepan, combine 2 tablespoons creamy peanut butter, 1 tablespoon water; 1 tablespoon reduced-sodium soy sauce; 1 clove garlic, minced; and 1/4 teaspoon ground ginger.	
	Heat over very low heat until melted and smooth, whisking constantly.	
	*Note: To warm tortillas, preheat oven to 350F. Wrap tortillas tightly in foil.	
	Heat in the oven about 10 minutes or until heated through.	
Nutrition Facts		
	PROTEIN 60% FAT 19.65% CARBS 20.35%	

Nutrients (% of daily need)

Calories: 82.35kcal (4.12%), Fat: 1.81g (2.78%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.37g (0.41%), Cholesterol: 30.24mg (10.08%), Sodium: 67.45mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin C: 35.67mg (43.24%), Vitamin B3: 5.2mg (26.01%), Selenium: 16.64µg (23.77%), Vitamin B6: 0.42mg (20.93%), Phosphorus: 126.59mg (12.66%), Potassium: 357.87mg (10.22%), Vitamin B5: 0.88mg (8.8%), Manganese: 0.15mg (7.4%), Folate: 28.93µg (7.23%), Magnesium: 22.73mg (5.68%), Vitamin B2: 0.09mg (5.49%), Iron: 0.88mg (4.92%), Vitamin B1: 0.06mg (3.86%), Vitamin A: 165.14IU (3.3%), Calcium: 31.16mg (3.12%), Zinc: 0.44mg (2.97%), Fiber: 0.59g (2.35%), Copper: 0.03mg (1.67%), Vitamin B12: 0.09µg (1.57%)