

Thai Chicken/Tofu Wrap

Items Needed: knife, cutting board, mixing bowl and whisk for dressing, or a small blender.

Serves: 2

Ingredients:

- 2 large whole wheat wraps
- 1 chicken breast cooked through and shredded or 1/4-block of tofu cooked.
- 1-2 cups of assorted shredded veggies:
 - Carrots, radishes, lettuce, cilantro, cucumber, shredded zucchini and squash, avocado, red onion.
- Peanut Sauce:
 - ¼ cup peanut butter or tahini
 - 2 Tbsp low sodium soy sauce
 - 1 tbsp sesame oil
 - 2 tbsp rice wine vinegar
 - 1 tbsp lime juice
 - Water to desired consistency
 - Other additions: chili sauce, grated ginger and chopped garlic, or maple syrup

Directions:

1. Assemble your ingredients and while cooking the chicken or tofu you can easily break down your veggies. A julienne peeler can be helpful if you like sliced options for certain veggies like zucchini or carrots. If you don't have one, simply taking a peeler to the side of the veg will make thin slices that are easy to enjoy.
2. Once your chicken or tofu have reached an internal temperature of 165 degrees, remove from heat and allow to cool for approximately 5 minutes.
3. Slice or shred chicken/tofu as preferred and lay out in your tortillas.
4. Add a spoonful of peanut or tahini sauce to your protein, and lay a thick layer of veggies alongside your protein.
5. Roll your wrap tightly around your ingredients, tucking in the ends of the tortilla as you roll.
6. Serve with a side of sauce for dipping and enjoy!

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