

Thai-Style Chicken Roll-ups

Combine:

2 Tablespoons creamy peanut butter

3 Tablespoons hot water

1 Tablespoon fresh lime juice

2 teaspoons chili garlic sauce

(or a chili sauce with garlic seasoning)

a pinch of salt

a pinch of ground black pepper

Stir until smooth and spread over one side of each tortilla.

4 (8-inch) flour tortillas

(also try spinach, whole wheat or tomato tortillas for added flavor)

1 1/3 cups of shredded cooked chicken breast

1 cup fresh bean sprouts

1 cup red bell pepper strips

1/4 cup shredded carrot

1/4 cup chopped green onions

1/4 cup minced fresh cilantro

Top each tortilla with 1/3 cup of chicken, 1/4 cup of bean sprouts, 1/4 cup bell pepper, and a Tablespoon each of carrot, green onions and cilantro. Roll up.

Yield: 4 servings, 1 roll up each.

Calories: 312, Fat 10g (sat 2g, mono 4g, poly 2g), Cholesterol 40mg, Protein 22g, Carbohydrate 34g, Sugars 4g, Fiber 4g, Iron 3mg, Sodium 336 mg, Calcium 41mg.