



## **Swimsuit-Ready in 20 Days: Lunch Recipes**

### **Chinese Chicken Wraps with Peanut-Soy Sauce**

- 5 ounces skinless, boneless chicken breast
- 1 teaspoon unsalted peanut butter
- $\frac{3}{4}$  cup shredded carrots
- 4 large whole grain or whole wheat tortillas
- $\frac{3}{4}$  cup low-sodium soy sauce
- 1 teaspoon ground ginger
- 1 teaspoon coriander
- 1 teaspoon dried chives
- 1 teaspoon sugar substitute

Place the chicken breast in a saucepan, cover with water, and simmer until fully cooked. Remove from the heat and cut the chicken into small cubes.

Whisk together the soy sauce, ginger, coriander, chives, sugar substitute, and peanut butter. Place the chicken and shredded carrots in a Ziploc bag and add the soy sauce mixture. Seal and refrigerate for 15 minutes. Drain the chicken mixture.

To serve: Place some of the chicken mixture on each tortilla. Roll tightly and cut into pieces. Serve warm or cold.

Servings: 2