

## Asian Chicken Wraps

(Makes 4 wraps)

*What can you do with leftover roast chicken? One answer is to make a fantastic second meal like this wrap, which can become a weekend lunch or light dinner. Best of all, it can be put together in less than 30 minutes. Very low fat or fat-free whole wheat tortillas are available in the bread section of your market.*

### **Ingredients:**

- 1 teaspoon sesame oil
- 1 cup shredded leftover white meat chicken, skin and fat removed
- One 1-pound package coleslaw mix, or 5 cups shredded cabbage
- 3 ounces shiitake mushrooms, stems discarded, thinly sliced
- 5 scallions, white parts and 3 inches of the green, thinly sliced
- 1 tablespoon minced fresh ginger
- 1 garlic clove, minced
- 3 tablespoons hoisin sauce
- 1 teaspoon garlic chili sauce
- Four 8-inch whole wheat tortillas

### **Directions:**

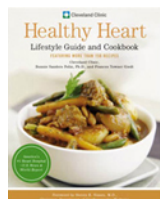
- 1) Heat the oil in a large nonstick skillet.
- 2) Add the chicken, coleslaw mix, mushrooms, scallions, ginger and garlic.
- 3) Stir-fry over medium-high heat for 3 minutes, or until the coleslaw has wilted.
- 4) Stir in the hoisin and garlic chili sauce.
- 5) Reheat the tortillas in the microwave following package directions.
- 6) Place one-fourth of the chicken and vegetables in each wrap. Roll up and serve immediately.

NOTE: No leftover chicken in the fridge? Poach 1 pound skinless, boneless chicken breasts by placing the chicken in a covered pan with stock halfway up the sides. Bring to a simmer. Check with the point of a knife after 4 to 5 minutes. Or place the chicken in a microwave-safe dish with broth or water to cover the bottom of the dish. Cover with wax paper and cook on High for 4 minutes. Check for doneness. If not opaque throughout, microwave on High for another 1 to 2 minutes (juices should run clear when the chicken is pierced with a knife).

### **Nutritional Analysis:** (per serving)

- Calories: 325 (16% calories from fat)
- Total Fat: 6 g
- Saturated Fat: 1.5 g
- Protein: 40 g
- Carbohydrates: 31
- Dietary Fiber: 4 g
- Cholesterol: 95 mg
- Sodium: 520 mg
- Potassium: 540 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*