



NutritionRx
Jennifer Broxterman

Chicken Stir-Fry Wraps

*These wraps are light, refreshing and high in protein! They can be used as leftovers for lunch, or dinner. One red pepper adds only 50 extra calories to the recipe, while providing lots of **vitamin C**, **vitamin A**, and **fib**re to this meal.*

Prep: 45 minutes • Total: 45 minutes

Ingredients:

Boneless, skinless chicken breasts, halved horizontally and thinly sliced	4 each	4 each
Olive oil	1 Tbsp	15 mL
Onion, halved and thinly sliced	1 large	1 large
Red bell pepper, ribs and seeds removed, thinly sliced	1 large	1 large
Garlic, minced	3 cloves	3 cloves
Fresh ginger, peeled and grated	1 tsp	5 mL
Red pepper flakes	¼ tsp	1mL
Soy sauce, low sodium	3 Tbsp	45 mL
Rice vinegar	3 Tbsp	45 mL
Cornstarch	1 tsp	5 mL
Water	1 Tbsp	15 mL
Boston lettuce leaves	2 heads	2 heads

Directions:

- Mix together cornstarch and water in a small bowl. Set aside.
- In a large nonstick skillet, heat ½ Tbsp of olive oil over high heat. Add half the chicken; cook, stirring constantly, until opaque throughout, 2 to 4 minutes. Transfer to a plate. Repeat with remaining chicken.
- Add remaining ½ Tbsp oil to pan, along with the onion and bell pepper. Cook, stirring constantly, until onion is tender and golden, about 4 minutes (reduce heat if browning too quickly).
- Reduce heat to medium; add garlic, ginger, and red-pepper flakes; cook, stirring, until fragrant, 30 to 60 seconds.
- Stir in soy sauce, vinegar, and cornstarch mixture; remove from heat. Add chicken and any accumulated juices; toss to coat. Serve in lettuce cups.

Nutrition Facts

Serving Size (279g)

Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 460mg **19%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 22g

Vitamin A 80% • Vitamin C 100%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: www.marthastewart.com

Makes 4 servings (279g / serving) • 1 serving = 1/4 recipe

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