



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"



### NUTRITION PER SERVING:

<b>CALORIES</b>	242
<b>PROTEIN</b>	21 G
<b>CARBOHYDRATE</b>	17 G
<b>TOTAL FAT</b>	10 G

**PREP TIME:** 15 MINUTES

**COOK TIME:** 20 MINUTES

**YIELD:** 4 SERVINGS

**SERVING SIZE:** 2 WRAPS, ¼ C SAUCE

### FOR SAUCE:

- 1** SMALL JALAPENO CHILI PEPPER, RINSED AND SPLIT LENGTHWISE—RE MOVE SEEDS AND WHITE MEMBRANE, AND MINCE (ABOUT 1 TBSP); FOR LESS SPICE, USE GREEN BELL PEPPER
- 1 TBSP** GARLIC, MINCED (ABOUT 2–3 CLOVES)
- 3 TBSP** BROWN SUGAR OR HONEY
- ½ C** WATER
- ½ TBSP** FISH SAUCE
- 2 TBSP** LIME JUICE (OR ABOUT 2 LIMES)

### FOR CHICKEN:

- 1 TBSP** PEANUT OIL OR VEGETABLE OIL
- 1 TBSP** GINGER, MINCED
- 1 TBSP** GARLIC, MINCED (ABOUT 2–3 CLOVES)
- 12 OZ** BONELESS, SKINLESS CHICKEN BREAST, CUT INTO THIN STRIPS
- 1 TBSP** LITE SOY SAUCE
- 1 TBSP** SESAME OIL (OPTIONAL)
- 1 TBSP** SESAME SEEDS (OPTIONAL)

### FOR WRAP:

- 1** (SMALL) HEAD RED LEAF LETTUCE, RINSED, DRIED, AND SEPARATED INTO SINGLE LEAVES LARGE ENOUGH TO CREATE WRAP
- 8** FRESH BASIL LEAVES, WHOLE, RINSED AND DRIED
- 2 C** BOK CHOY OR ASIAN CABBAGE, RINSED AND SHREDDED
- 1 TBSP** SESAME SEEDS (OPTIONAL)

## ASIAN-STYLE CHICKEN WRAPS

DELICIOUS FINGER FOOD THAT'S JUST AS HEALTHY AS IT IS FUN TO EAT

- 01** To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3–5 minutes. Chill in refrigerator for about 15 minutes, or until cold.
- 02** Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked, but not browned, about 30 seconds to 1 minute.
- 03** Add chicken, and continue to stir fry for 5–8 minutes.
- 04** Add soy sauce, sesame oil (optional), and sesame seeds (optional), and return to a boil. Remove from the heat, and cover with lid to hold warm in hot sauté pan.
- 05** Assemble each wrap: Place one red lettuce leaf on a plate, then add ½ cup chicken stir-fry, 1 basil leaf, and ¼ cup shredded cabbage and fold together. Serve two wraps with ¼ cup sauce.



Children can help fill the wraps and mix the sauce.