Coconut Curry Chicken Wraps

Ingredients:

½ cup light coconut milk
1 Tbsp Thai green curry paste
2 Tbsp chopped fresh cilantro
1 ¼ cups shredded cooked chicken
¼ cup shredded carrots
2 Tbsp thinly sliced green onions
4 (8-inch) whole wheat tortillas
1 cup shredded green leaf lettuce
2 Tbsp chopped roasted unsalted peanuts

Steps:

- In a medium bowl, whisk together coconut milk and curry paste until smooth. Stir in cilantro, chicken, carrots, and green onions. Toss to coat.
- Arrange tortillas in a single layer on a flat surface. Place one quarter of the lettuce down the center of each tortilla followed by one quarter of the chicken mixture. Sprinkle chopped peanuts on top, using ½ Tbsp per wrap.
- Roll up tortillas snugly, tucking the ends in. Halve each crosswise and serve immediately, or wrap in plastic wrap and refrigerate until ready to eat.

Tips from the Test Kitchen: This makes a great grab-and-go lunch. Make sure to use the canned coconut milk, not the coconut milk sold in the refrigerated section. You can also add shredded cabbage to the wrap with or instead of the lettuce for added crunch. If you like things spicier, add some hot chili sauce (like Sriracha) or crushed red pepper flakes.

Nutritional Facts: Calories: 492, Carbohydrates: 48 grams, Protein: 38 grams, Total Fat: 16 grams, Saturated Fat: 6 grams, Cholesterol: 74 mg, Sodium: 1108 mg, Fiber: 9 grams, Total Sugars: 5 grams.