

# Sweet Chili Chicken Wraps

By Chef Ali



## INGREDIENTS:

- 1 lb. chicken breasts, sliced in half, lengthwise
- 4 garlic cloves, minced
- 1 cup broccoli, roughly chopped
- 1 cup carrots, matchsticks
- 4 green onions, thinly sliced
- 1/2 cup sweet chili sauce
- 2 Tbsp. low sodium soy sauce
- 2 Tbsp. lime juice from lime
- 2 Tbsp. honey
- salt & pepper to taste
- 1/2 cup plain, nonfat Greek yogurt
- \*optional: cilantro leaves, garnish
- 6-pack Wegmans Whole Wheat Multi-Grain Tortilla

## DIRECTIONS:

1. In a bowl, combine sweet chili sauce, soy sauce, lime juice, honey, minced garlic, salt, and pepper. Mix well.
2. Place sliced chicken breasts in a bowl or a resealable plastic bag. Coat chicken with marinade evenly. Marinate for at least 30 minutes, or refrigerate overnight for maximum flavor.
3. Over medium-high heat, sear chicken for 3-4 minutes per side, or until well done. Make sure internal temperature reaches at least 165°F.
4. Once cooled down, slice chicken into thin strips or shred if desired.
5. In another bowl, add broccoli, carrots, Greek yogurt, sweet chili sauce, and green onions to make broccoli slaw.
6. Warm tortilla for 20-30 seconds in microwave or toast in a pan.
7. Spread broccoli slaw mixture onto wrap and add chicken. Garnish with fresh cilantro leaves. Wrap and enjoy!

# MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



4 garlic  
cloves



1 lime



1 broccoli  
head



5.3 oz. plain,  
nonfat  
greek yogurt



10 oz.  
matchsti  
ck carrots



1 lb. chicken  
breast



1 bunch of  
green onion



6-pack whole  
wheat multi-  
grain tortilla

## Seasonings and more:

- honey
- low sodium soy sauce
- sweet chili sauce

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scan here



or visit  
[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

  
*Cooking at Home*

Grocery cost: \$18.94

Recipe cost: \$15.03

Cost per meal: \$2.51

\*prices found at Wegmans as  
of August 2023