



Grilled chicken wraps with Satay Sauce

1 (10 ounce) can coconut milk

1/2 cup crunchy peanut butter

1/2 small onion, grated

1 tablespoon dark soy sauce

2 teaspoons brown sugar

1/2 teaspoon red pepper flake

In a saucepan over medium heat, combine coconut milk, peanut butter, onion, soy sauce, brown sugar, and pepper flakes. Bring to a boil, stirring frequently. Remove from heat, and keep warm.

4 Grilled Chicken Breasts sliced

1 red or yellow bell pepper thinly sliced

2 Carrots shredded

2 heads of baby romaine lettuce

Place grilled chicken, bell pepper and shredded carrots in lettuce leaf, top with the satay sauce and enjoy.