

Living Well Quick Bites: Episode 15

Pack a Picnic

Thai Chicken Wrap with Spicy Peanut Sauce

For the Chicken salad:

- 1 ½ cups of shredded rotisserie chicken
- 2 Tablespoons chunky peanut butter
- 2 Tablespoons of sweet chili sauce
- 1 Tablespoon coconut milk
- ½ Tablespoon soy sauce
- 1 Tablespoon sesame oil
- 1 Tablespoon rice vinegar
- ½ tablespoon Sriracha sauce
- 1 Tablespoon cilantro



For the wrap:

- 1 whole grain wrap
- ¼ cup Thai Chicken Salad
- ¼ English cucumber
- 2 Tablespoons shredded carrots
- 1 Tablespoon mint
- 1 Tablespoon cilantro
- Red pepper to taste
- Toasted sesame seeds

Directions:

1. Whisk together the all salad ingredients except the chicken; add chicken and combine. Set aside.
2. For the wrap, add Thai Chicken salad to wrap and top with cucumber, carrot, mint, cilantro, and extra Sriracha if desired. Top with toasted sesame seeds and wrap sandwich for picnic. Wrap in individual servings in tin foil. Enjoy!

Iced Melon Tea with Fresh Mint

2 cups water

12 fresh mint leaves, 3-4 chopped leaves for garnish

4 individual green tea bags

1/4 cup sugar or honey

3-1/2 cups diced honeydew melon, save 1 cup of melon balls for garnish

1-1/2 cups ice cubes

Additional ice cubes

Toothpicks

Directions:

In a large saucepan, bring water to a boil. Remove from the heat; add mint and tea bags. Cover and steep for 3-5 minutes. Discard mint and tea bags. Stir in the sugar or honey.

In a blender, process honeydew until blended. Add 1-1/2 cups ice and tea; process until blended. Serve over additional ice.

Garnish with chopped mint and a melon ball on toothpick. Enjoy!

Cucumber Watermelon Bites

For the vinaigrette:

¼ cup olive oil

¼ cup minced fresh mint

3 Tablespoons fresh lime juice

1 Tablespoon honey

1 teaspoon Dijon mustard

Salt and pepper to taste

For Bites:

32 slices of cucumber, ¼ inch thick

32 cubes of watermelon, 1 inch

32 cubes of feta cheese

Directions:

For vinaigrette, whisk together oil mint, lime juice, honey and mustard; season with salt and pepper.

For the bites, toss cucumber with half of the vinaigrette. Skewer cucumber, water melon and feta with toothpicks; drizzle with remaining vinaigrette.