

Quick & Easy Heart-Healthy Menu

- *Carrot, Ginger, and Coconut Soup*
- *Chicken Wraps with Peanut Sauce*

| Nutrition Facts | |
|--------------------------------|------|
| Serving: 1 meal | |
| Amount Per Serving | |
| Calories 367 | |
| Total Fat 12 g | |
| Saturated Fat 2 g | |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 48 mg | |
| Sodium 523 mg | |
| Potassium 706 mg | |
| Total Carbohydrate 43 g | |
| Dietary Fiber 7 g | |
| Sugars 10 g | |
| Added Sugars 1 g | |
| Protein 25 g | |
| Vitamin A | 437% |
| Vitamin C | 20% |
| Calcium | 9% |
| Iron | 14% |

Carrot, Ginger, and Coconut Soup

Makes 8 servings

Ingredients

- 1 tablespoon olive oil
- 2 pounds carrots, peeled and diced
- 1 large sweet onion, diced
- 1 teaspoon grated or finely chopped ginger
- 32 ounces low-sodium chicken or vegetable stock
- ½ cup canned light coconut milk (such as Thai Kitchen Lite Coconut Milk)
- 1 teaspoon freshly ground black pepper

Preparation

1. Heat oil in a large saucepan over medium heat. Add carrots, onion, and ginger, and sauté until softened, 4 to 6 minutes.
2. Add stock and bring to a boil. Reduce heat to a simmer, and cook until carrots are very tender, about 25 minutes. Remove from heat. Stir in coconut milk and pepper.
3. Using an immersion blender, puree the soup until smooth (alternatively, carefully puree the soup in small batches in a regular blender). Serve warm.

| Nutrition Facts | |
|--------------------------------|------|
| Amount Per Serving | |
| Calories 90 | |
| | |
| Total Fat 3 g | |
| Saturated Fat 1 g | |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | |
| Sodium 72 mg | |
| Potassium 416 mg | |
| Total Carbohydrate 15 g | |
| Dietary Fiber 4 g | |
| Sugars 7 g | |
| Added Sugars 0 g | |
| Protein 2 g | |
| Vitamin A | 379% |
| Vitamin C | 15% |
| Calcium | 4% |
| Iron | 4% |

Chicken Wraps with Peanut Sauce

Makes 8 servings

Ingredients

- 1 tablespoon apple cider vinegar
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 English cucumber, thinly sliced
- 1 tablespoon olive oil
- 2 large boneless, skinless chicken breasts (about 1 pound total), cut into strips
- 4 tablespoons water
- 2 tablespoons peanut butter
- 1 teaspoon sriracha
- 1 teaspoon reduced-sodium soy sauce
- 2 large carrots, peeled and shredded
- 8 8-inch whole-wheat flour tortillas (see Notes)

Preparation

1. In a small bowl, combine vinegar, sugar, salt, and pepper. Add the cucumber slices and toss to coat. Set aside to marinate, occasionally tossing between steps.
2. In a large skillet, heat oil over high heat. Add chicken breast strips and cook, stirring, until seared and no longer pink in the center, 3 to 5 minutes.
3. To make the peanut sauce, mix water, peanut butter, sriracha, and soy sauce in a small bowl until well-combined.
4. To prepare the wraps, warm a skillet over medium-high heat. Heat each tortilla for about 10 seconds on each side in the skillet, or until the tortilla becomes pliable. (Alternatively, place tortillas on a microwave-safe plate, wrap with damp paper towels, and microwave in 30-second intervals until warm and pliable.)
5. To assemble the wraps, lay a tortilla on a work surface or plate. Spread with a scant 1 tablespoon peanut sauce and top with one-eighth of the chicken, shredded carrots, and pickled cucumber slices. Close the wrap by first folding in the sides, then rolling from the bottom up, tucking in the sides as you go. Repeat with the remaining tortillas.

Notes

- Check the sodium content on whole-wheat tortillas carefully, as brands vary widely and can reach over 600 mg per tortilla. For this recipe analysis, we used 365 Everyday Value Whole-Wheat Tortillas from Whole Foods Market, which contain 270 mg sodium per tortilla. To

| Nutrition Facts | |
|--------------------------------|-----|
| Amount Per Serving | |
| Calories 277 | |
| | |
| Total Fat 9 g | |
| Saturated Fat 1 g | |
| Monounsaturated Fat 4 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 48 mg | |
| Sodium 451 mg | |
| Potassium 290 mg | |
| Total Carbohydrate 28 g | |
| Dietary Fiber 3 g | |
| Sugars 3 g | |
| Added Sugars 1 g | |
| Protein 23 g | |
| Vitamin A | 58% |
| Vitamin C | 5% |
| Calcium | 5% |
| Iron | 10% |

further reduce the sodium, try Tumaro's Whole-Wheat Low-in-Carb Wraps (8-inch), which have only 80 mg sodium per wrap (available at Fred Meyer).