

Soy Simmered Chicken Wraps

Ingredients:

3 boneless chicken breast halves
2 large onions, chunked
Small flour tortillas (pkg. of ten) wheat or white
(optional: 10-16 oz. of cooked chopped broccoli)
¼ cup soy sauce
¼ cup water
2 Tablespoons honey
1/8 teaspoon ginger
2 Tablespoons peach or apricot jam
1 Tablespoon cornstarch

Directions: In a slow cooker, or a large pan on the stove, layer the onions and the chicken breast. Allow at least three hours in the slow cooker on medium, or at least one hour on the stove---the longer the better, but you don't have to do anything to it while it cooks. Spoon out the chicken onto a cutting board, and with a knife and fork, shred the chicken as finely as you'd like. In a small saucepan, stir all sauce ingredients together over medium heat until the mixture starts bubbling, then let it simmer for five minutes on low heat to thicken. In a serving bowl, stir sauce and onion into chicken; if you'd like, add cooked chopped broccoli. Makes about six to eight servings.

From "The Braces Cookbook: Recipes You and Your Orthodontist Will Love" by Pamela and Brenda Waterman. www.bracescookbook.com