

LATTICE WRAPS

Makes 4-6 servings Calories 245

Marinade 1 cup orange juice

1 cup soy sauce

1 tablespoon honey

1 teaspoon garlic powder

Meat and Vegetables

Olive oil

3 skinless chicken

1 onion cut into cubes

Dice 1 bell pepper

Dice 1/2 cup mushrooms

1. Combine all marinade ingredients (orange juice, low salt soy sauce, honey, garlic powder) and put into a plastic bag.
2. Cube skinless chicken and combine it with the marinade in a plastic bag. Refrigerate for about 30 minutes.
3. Lightly coat a large pan with oil and cook vegetables until it starts to get soft. Stop cooking the vegetables then put the vegetables somewhere warm.
4. Cook meat (but save the marinade) 2 minutes each side.
5. Add vegetables and a 2/3 of a cup of marinade to the chicken.
6. Cook until the chicken isn't pink (about 8 minutes).
7. Serve and enjoy.