**Chicken Teriyaki Wraps**

Day 1:

2/3 cup soy sauce

¼ cup vegetable oil

2 Tbsp. Brown Sugar

2 cloves garlic, minced

1 ½ tsp. ground ginger

2 tsp. seasoning salt

1 ½ lb chicken, cubed

**Choose your vegetables:**

½ bell pepper (1/2 in. julienne)

½ of a squash (1/2 in. julienne)

½ of a zucchini (1/2 in. julienne)

1 small carrot, shredded

1 cup shredded cabbage

Day 2:

2-3 green onions, chopped

1 tbsp. teriyaki sauce for every vegetable

1 tortilla per person (Flour or whole wheat?)

Directions:

Day 1

1. Cut chicken into cubes and place in large Ziploc bag.
2. Cut all vegetables according to directions. Place bell peppers, squash, carrots, and zucchini in 2nd large Ziploc bag. Shredded cabbage should go in a small Ziploc bag.
3. Whisk soy sauce, oil, sugar, garlic, ginger, and seasoning salt in mixing bowl. Pour half in the bag with the chicken and the other half over the veggies. Seal and shake to coat.

Day 2:

1. Drain marinade from chicken and vegetables.
2. Heat wok over medium heat. Add 1 Tbsp. oil and cook chicken until no longer pink.
3. Add the remaining oil and vegetables. Cook 4-6 minutes until vegetables are cooked, but still tender.
4. Add cabbage, green onions and teriyaki sauce. Cook 3-4 minutes.
5. Heat tortillas on a plate for 20 seconds in the microwave.
6. Divide filling among tortillas and fold according to class demonstration. Cut in half and eat.