

Bok Choy Wrappers

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/bok-choy-wrappers>

Ingredients

- 1 ½ cups brown rice, long-grain, regular, dry
- 1 ¾ cups fresh bok choy, sliced ¼ in.
- 1 ¾ cups canned pineapple tidbits, in 100% juice
- 3 cups cooked chicken strips
- ¾ cup sweet and sour sauce
- 1 tsp. low-sodium soy sauce
- 12 leave of fresh romaine lettuce, outer leaves

Directions

1. Preheat oven to 350 degrees F.
2. Combine brown rice and 3 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.
3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.
4. Transfer mixture to an 8” x 8” nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).
5. Place two lettuce leaves on a plate. Top each with ¾ cup filling.

Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.

Makes 12 wraps.

Nutritional Information

Calories: 376	Dietary Fiber: 5 g
Total Fat: 11 g	Sodium: 377 mg
Saturated Fat: 2 g	Protein: 13 g
Cholesterol: 23 mg	Carbohydrates: 56 g

