

From the kitchen of David and Jennifer Deaven

3. Serve with (D).
lettuce leaves (C).
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Meat/Asian Chicken Wraps

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- A: 2C chopped cooked chicken breast
3T rice vinegar
2T soy sauce
2t sesame oil
1/2C chopped water chestnuts
1/4C chopped green onion
1/4C chow mein noodles
1/4C sliced almonds
salt
pepper
- B: 1C shredded carrots
1C shredded red/green cabbage
- C: 4-6 lettuce leaves
- D: Sweet and sour sauce
Oriental hot mustard
Peanut sauce
1. In glass bowl combine (A), heat in microwave until warm.
 2. Prepare wraps by adding mixtures of (B) to (A) in



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