

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

BBQ Cheddar Chicken Roll-ups

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Serves 4

1 each large green and red pepper, cut into strips

1 large onion, thinly sliced

1 lb. boneless skinless chicken breasts, cut into strips

1/3 cup Barbecue Sauce (Look for an all-natural one without corn syrup, monosodium glutamate, or other added preservatives or food dyes, OR make the super simple homemade sauce below. Yummy!)

4 whole wheat, whole grain or whole spelt (10 inch) tortillas

1 cup shredded Cheddar Cheese

1. Cook and stir vegetables in large skillet on medium-high heat 3 minutes. Add chicken; cook and stir 3 to 4 minutes or until no longer pink. Stir in barbecue sauce; cook on medium heat 3 minutes or until chicken is done, stirring occasionally.
2. Spoon chicken mixture down centers of tortillas; top with cheese. Roll up; cut in half.

Barbecue Sauce

1 teaspoon hot sauce

1/3 cup cider vinegar

1/2 cup light brown sugar

1/4 cup molasses

3 tablespoons Dijon mustard

3 garlic cloves, minced

1/2 cup ketchup

Simmer hot sauce, vinegar, brown sugar, molasses, mustard, garlic, and ketchup in a small saucepan over medium heat until reduced to about 1 1/4 cups, 5 to 7 minutes. Adjust to suit your taste.