

Recipe for: Ginger Skirt-Steak OR Chicken Wrap

Ingredients:

1 (8 oz.) skirt steak or 2 (4 oz.) chicken breasts
1 avocado, halved and sliced
½ cup shredded carrot
2 Romaine lettuce leaves (or lettuce of your choosing)
1 Tbsp. fresh ginger, grated
1 whole orange, zested and juiced
1 tsp. fresh thyme, chopped
Olive oil
2 (10 in.) Ezekiel or Gluten-Free wraps

Preparation:

Marinate steak or chicken in ginger, orange, and thyme for up to 2 hours, grill and cut into ¼ inch slices to serve.

To assemble the wraps, lay the warmed tortilla out and fill with lettuce, shredded carrot, steak or chicken, and avocado. Roll tightly.

Alternative: Instead of tortillas, substitute Napa cabbage leaves.

Blanch the leaves in boiling water for 10 seconds and immediately place in ice-cold water.

Once cooled, drain on the kitchen paper. You may need two or more leaves overlapped to attain the equivalent size of tortilla.

Assemble as described above.