

Crock Pot Thai Chicken Wraps

Tonight is open house at my son's school and the timing makes dinner as a family tough. So, it is going to be date night instead— but eating out is expensive, so I'll feed the kids early and then us parents can eat when we get home (and the kids are sleeping!). But since I'm not sure what time we'll get home from the school, I'm going to start the crock pot late this afternoon so that dinner is ready when we get back.

One of my favorite appetizers is those amazing sauced up thai chicken wraps that you can get at fancy Asian-inspired restaurants. The unfortunate part is that the lettuce is totally an illusion making you think this is a healthy choice. The typical sauce is usually full of really salty, sugary, high calorie ingredients that I totally don't want to indulge in tonight. So I've come up with a healthier way to enjoy this treat, using the crock pot to get the most out of all the flavors and then whipping up a quick sauce in a pan to coat the whole mixture.

Most restaurants serve this dish with iceberg lettuce because it is crisp, but you can also use leaves of romaine lettuce or even tortillas. I hope you get to enjoy this at your next date night at home, too!

2 stalks celery, chopped

2 carrots, chopped

1/2 onion, chopped

6 oz. mushrooms, sliced

3 cloves garlic

1 8.75 oz. can water chestnuts, chopped

2 10 oz. cans white chicken in water

sauce:

1/2 c. peanut butter

1/4 c. soy sauce

1/4 c. water

3 T. rice wine vinegar

2 packets of Splenda

Put all filling ingredients in the crock pot and cook on low for four hours. In a saucepan, cook all sauce ingredients over medium heat (yes, on the stove), until it reaches a smooth consistency. If it is too thick, add 1/4 c. water and continue stirring. Pour the sauce into the crock pot and stir the mixture well. Serve with chilled lettuce leaves.