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## Episode 253

### THAI CHICKEN WRAPS

1 tsp. sesame oil  
¼ lb. rice stick noodles

1 lb. chicken breasts

#### Thai Wrap Sauce:

¼ c. peanut butter  
1 tsp. crushed garlic  
1 tbsp. cooking wine  
1 tsp. grated ginger

½ c. Catalina dressing  
1 tbsp. lime juice  
2 tsp. soy sauce  
1 tbsp. sweet chili sauce

Leaf lettuce  
½ English cucumber  
½ lb. bean sprouts

2 carrots, grated or julienned  
1 red pepper, julienned  
6 – 10” whole wheat tortillas

Heat oil in skillet. Cut chicken into bite size pieces and add to pan. Stir until meat is no longer pink. Cover & remove from heat. Place noodles in casserole dish and cover completely with boiling water. Set timer for 5 min., or follow package directions. When timer rings, drain in a colander and set aside. Microwave peanut butter about 7 seconds, whisk in remaining sauce ingredients. Rinse lettuce, spin dry. Peel carrots and julienne into thin sticks. Do the same with the cucumber and red pepper. Rinse bean sprouts. Separate noodles with fingers, drain well. Lay tortillas on cutting board. Layer lettuce and cooked noodles. Add chicken, drizzle with dressing. Top with carrots, cucumber, pepper and bean sprouts. Wrap tightly and cut in half, diagonally.

### SPINACH & STRAWBERRY SALAD

Fresh spinach, washed & dried

fresh strawberries, sliced

#### Dressing:

1/3 c. sugar  
¼ c. vinegar  
2 tbsp. poppy seeds  
1 tsp. worchestershire sauce

½ c. oil  
2 tbsp. sesame seeds, toasted  
¼ tsp. paprika  
1 ½ tsp. minced onion

Tear spinach into bite size pieces. Combine dressing ingredients and toss with spinach and strawberries.

## LEMON FILLED COCONUT CAKE

1 c. softened butter	2 c. sugar
3 eggs	2 tsp. vanilla
3 ¼ c. flour	3 tsp. baking powder
½ tsp. salt	1 ½ c. milk

In large bowl, cream butter and sugar till light and fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla. Combine dry ingredients and add to creamed mixture alternately with milk. Transfer to 3 greased 9" round cake pans. Bake at 350 for 25 – 30 min. Cool 10 min. before removing from pans to wire rack to completely cool.

### Filling:

1 c. sugar	¼ c. cornstarch
1 c. water	4 egg yolks, beaten
1/3 c. lemon juice	2 tbsp. butter

Combine sugar, cornstarch and water until smooth. Place in microwave for 2 – 3 min. or till it begins to bubble, whisk well. Stir small amount of hot mixture into beaten egg yolks and return to pan, whisking till completely blended. Return to microwave for 1 min. or till thick. Gently add lemon juice & butter. Cool to room temperature without stirring. Place one cake on serving plate, spread with half the filling. Repeat.

### Frosting:

1 ½ c. sugar	2 egg whites
1/3 c. water	¼ tsp. cream of tartar
1 tsp. vanilla	3 c. flaked coconut.

In heavy saucepan, combine sugar, egg whites, water and cream of tartar. With portable mixer, combine for 1 min. Continue beating over low heat until it reaches 160, about 10 min. Transfer to large bowl, add vanilla. Beat on high speed until stiff peaks form, about 7 min. Frost top and sides of cake, sprinkle with coconut. Store in refrigerator.

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