

Bring A Touch Of China To Your Kitchen



Authentic Asian flavors, such as sesame and ginger, enhance these nutritious salad wraps.

(NAPSA)—Chinese food is perennially popular among Americans. Whether it's a casual dinner or a large celebration, the Chinese restaurant is likely to be a dining destination.

Every region of the United States has Chinese restaurants, and some well-known dishes were in fact invented in this country, such as chop suey and fortune cookies.

Most traditional dishes are cooked very quickly in a small amount of oil and seasoned with soy sauce and ginger. The ease of preparation and the availability of ingredients is why more Americans are bringing Chinese cuisine into their own kitchens.

An even easier way to prepare Asian food in your home is to use a ready-made dressing, such as Litehouse Sesame Ginger Dressing & Sauce. It combines fresh ginger, onion and garlic with rice vinegar, sesame and canola oil. Great for marinating chicken or tofu as well as on salads, it's full of authentic flavor without MSG, trans fats or preservatives. Not only that, it's low in calories and sodium.

Sesame Ginger Lettuce Wraps

- 1½ pounds chicken (boneless, skinless, cut into cubes)**
- ½ cup cashews (or peanuts)**
- ¼ cup grated carrot**
- ¾ cup mushrooms (diced)**
- ¼ cup bean sprouts (optional)**
- 1 can diced water chestnuts (optional)**
- 1 head of lettuce (washed)**
- 1 jar Litehouse Sesame Ginger Dressing & Sauce**

Spray skillet with cooking spray. Cook mushrooms and chicken until done. Add the cashews, grated carrot, bean sprouts and water chestnuts. Cook 2 minutes. Add 1 jar Litehouse Sesame Ginger Dressing & Sauce; heat through. Separate lettuce leaves. Spoon chicken mixture into lettuce leaves, depending on size. Fold to eat. Serves 6.

For more information and recipes, visit www.lighthousefoods.com.