



Swim Alberta Sponsors

Government Agencies & Partners



**TEAM AQUATIC
SUPPLIES LTD**





CHICKEN - THE OFFICIAL PROTEIN OF SWIMMING IN CANADA

Raised to the highest safety & animal care standards on family farms in every province

- Canadian Chicken is... Delicious & Nutritious A Healthy Choice Versatile & Easy to Prepare
 An Excellent Source of Protein, B Vitamins, & Other Essential Nutrients
 Trans Fat-Free, Naturally Low in Carbohydrates and Sodium Free of Hormones & Steroids

Alberta Chicken Producers is helping consumers know that they're buying the highest quality chicken by promoting a special mark that reads "Raised by a Canadian Farmer." Ask for our new logo on fresh chicken in your local grocery store.

Visit chicken.ab.ca for healthy recipes like this one:

Thai Chicken Salad Wrap

THIS WRAP IS A QUICK AND EASY HEALTHY LUNCH OPTION FOR ACTIVE PEOPLE.

1 whole rotisserie chicken (store bought)

FOR THE DRESSING:

- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 limes, juiced
- ½ teaspoon red hot pepper flakes
- ½ cup peanut butter
- 1 tablespoon water plus more as needed

FOR THE WRAPS:

- 4 (10 inch) wraps or tortillas
- Romaine lettuce leaves
- 1 cup edamame beans, cooked and shelled
- 1 cup fresh blueberries
- ¾ cup shredded purple cabbage
- ¾ cup shredded carrots

1. Remove meat from rotisserie chicken and set aside in a bowl.
2. To make the dressing, combine soy sauce, honey, lime juice, and red pepper flakes in a small bowl. Whisk until smooth. Add the peanut butter and water and whisk again until smooth and creamy. Add more water as necessary until desired consistency is reached. (Adjust honey to your taste)
3. To assemble the wraps, divide ingredients into 4 servings, spread over wraps, layer with chicken and top with dressing. Fold the bottom edge of the wrap up. Fold the sides of the wrap inward and then roll the wrap up tightly to enclose all of the fillings. Serve immediately.

Optional: For a little added kick, drizzle sriracha sauce over the top before rolling.



Alberta  Chicken
PRODUCERS

ALBERTA CHICKEN PRODUCERS WISHES EACH SWIMMER SUCCESS AND ENCOURAGES EACH PARTICIPANT TO CONTINUE ACHIEVING THEIR PERSONAL BEST.