



Asian Lettuce Wraps

SERVES 4

Pillar of Nutrition: Lean on protein

Ingredients

- 1 head **butter** or **red leaf lettuce** leaves
- 1 pound lean **ground turkey** or **extra firm tofu**, crumbled
- 1 Tablespoon + 1 teaspoon **vegetable oil**
- 1 large **onion**, chopped
- 1 **carrot**, diced
- 1 cup **cucumber**, diced
- 2 cloves fresh **garlic**, minced
- 1 Tablespoon + 1 teaspoon fresh **ginger**, minced
- 1 Tablespoon + 1 teaspoon **soy sauce**
- 1 Tablespoon **rice wine vinegar**
- 1 bunch **green onions**, chopped
- 2 teaspoons **sesame oil**
- **Cilantro** (optional) roughly chopped for garnish

Variations to Try

- Add some diced water chestnuts for extra crunch!
- Try finishing the dish with a sprinkle of toasted sesame seeds, chopped peanuts or toasted coconut.
- Add a dash of Sriracha or Asian chili pepper sauce at step 5 for some great flavor!

Something to Chew On

- Are “water chestnuts” actually nuts?
- Not all vinegars are the same. Rice wine vinegar is mellow and sweet vs plain vinegar with a sharp, crisp taste.
- What is the difference between mincing, chopping and dicing?
- What do we mean by “lean” protein?

Directions

1. Rinse the **lettuce** leaves. Pat dry. Be careful not to tear them. Set aside.
2. Prep the vegetables: Chop the **onion**, dice the **carrot** and **cucumber** and mince the **garlic** and the **ginger**. Chop **green onions** and **cilantro** (reserve some of each for your garnish).
3. Heat 1 teaspoon of **vegetable oil** in a large skillet over medium to high heat. Drain and crumble the **tofu**, if using. Add the **tofu** or **turkey** and cook, stirring constantly, until browned and crumbly, about 6 - 7 minutes. Transfer cooked **tofu** or **turkey** to a bowl. Spoon out any grease and discard.
4. Heat the remaining 1 Tablespoon **vegetable oil** in the skillet. Add the chopped **onion** and cook until tender, about 3- 5 minutes. Add the **carrots** and cook for about 2 minutes.
5. Stir in the **garlic** and **ginger** and cook for 1 minute. Add the **soy sauce** and the **vinegar** and stir to combine.
6. Add the **green onions**, **sesame oil**, and cooked **tofu** or **turkey**; stir and cook until the **green onions** just begin to wilt, about 2 minutes.
7. Arrange the **lettuce leaves** around the outer edge of a large serving platter. Pile tofu or meat mixture in the center.
8. Top with diced **cucumber** and garnish with reserved **green onion** and **cilantro**.
9. Serve and enjoy!

