

Stuffed Romaine Lettuce Tacos

Yield: 8 servings

Ingredients

Lettuce

2 heads romaine lettuce, separated into individual leaves

Filling

1 cup hummus

2 cups cherry tomatoes, halved

1 cup alfalfa sprouts

2 cups carrots, finely shredded

1½ cups red cabbage, thinly sliced

2 avocados, ripe, cubed

2 tablespoons ground flaxseed

Sauce

¾ cup tahini

4 tablespoons lemon juice

2 tablespoons maple syrup

Water as needed to thin the sauce

Instructions

1. Prepare sauce by adding tahini, lemon juice, maple syrup and salt to a small mixing bowl and whisking to combine.
2. Then add water (1 tablespoon at a time) until a pourable dressing is formed.
3. Taste and adjust flavor as needed, adding more salt for overall flavor, lemon for acidity or maple syrup for sweetness.
4. Transfer to a serving bowl.
5. Arrange lettuce boats on a serving platter and begin filling with 1 to 2 tablespoons hummus. Then top with tomatoes, sprouts, carrots, cabbage and avocado, and sprinkle each with some of the ground flaxseed.
6. Either drizzle with the tahini sauce or serve on the side.



Presented by
Culinary Medicine

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X22560 FY19.11.70.A-6 (with punch) © Spectrum Health 03.2019

Nutrition Information **Serving Size: 3 tacos**

Calories: 311 | Total Fat: 20 g | Saturated Fat: 3 g | Sodium: 177 mg
Total Carbohydrate: 29 g | Dietary Fiber: 12 g | Sugars: 9 g | Protein: 10 g

Recipe by Dana Schultz at minimalistbaker.com. Nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.

