

Quinoa Lettuce Wraps with Spicy Peanut Sauce

Yield: 8 servings

Ingredients

- ⅓ cup quinoa, uncooked
- ⅔ cup water
- ½ each diced red bell pepper
- ¼ each diced red onion
- 2 tablespoons chopped cilantro
- 1½ teaspoons minced garlic
- 2 teaspoons lime juice
- ⅛ teaspoon ground black pepper
- 16 leaves bibb lettuce

For the Sauce:

- 2 teaspoons maple syrup
- 1½ tablespoons soy sauce
- 1½ tablespoons peanut butter
- 2 teaspoons lime juice
- 2 teaspoons water
- ⅛ teaspoon black pepper; ground
- ⅓ teaspoon hot sauce

Instructions:

1. In a small saucepan, combine quinoa and water. Cover and simmer until quinoa is tender, approximately 10 minutes. If water is low and quinoa sticks to the bottom of the pan, add 2 tablespoons of water until it is finished cooking.
2. Place quinoa in a medium-sized bowl. Add remaining ingredients for filling and stir until combined. Set aside.
3. Whisk all ingredients for peanut sauce together until fully incorporated.
4. To create the wrap, lay one lettuce leaf flat and place 2 tablespoons quinoa mixture in center. Top each with 1 tablespoon of peanut sauce. Serve warm.

Presented by
Culinary Medicine

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Nutrition Information

Serving Size: 2 wraps/1 tablespoon sauce
Calories: 171
Total Fat: 5.0 g
Saturated Fat: 1.0 g
Monounsaturated Fat: 0.0 g
Sodium: 324 mg
Total Carbohydrate: 27.0 g
Dietary Fiber: 4.0 g
Sugars: 2.0 g
Protein: 6.0 g

Source: Goldring Center for Culinary Medicine



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