



Quinoa Lettuce Wraps with Spicy Peanut Sauce - Virtual

Experiment with other grains, such as brown rice or barley, to change the texture and flavor of the wrap. Great way to use leftovers!

U.S.

Filling:

1/4 cup	Quinoa, uncooked
1/2 cup	Water
1/4 medium	Red Bell Pepper, diced small
2 Tbsp	Red Onion, diced very small
1 Tbsp	Cilantro, chopped finely
2 cloves	Garlic, minced
1 Tbsp	Lime Juice
To taste	Black Pepper, ground
6 leaves	Bibb Lettuce

Sauce:

1 1/2 tsp	Honey
1 Tbsp	Soy Sauce, low sodium
1 Tbsp	Peanut Butter
1 1/2 tsp	Lime Juice
1 1/2 tsp	Water
1/2 tsp	Sriracha Hot Sauce
To taste	Black Pepper, ground

Preparation:

1. Gather all ingredients and equipment.
2. In a small saucepan, combine quinoa and 1/2 cup of water. Bring to a boil. Turn down heat to very low and cook, covered, for 15-20 minutes. Remove pot from heat and let stand for 5 minutes, covered. Remove the lid- you will notice a slight "spiral" from the quinoa that happens when the germ separates from the seed. This indicates that it is fully cooked. Fluff gently with a fork. Set aside.
3. While the quinoa is simmering, chop and dice bell pepper, red onion, cilantro, and garlic.
4. In a medium-sized bowl, combine bell pepper, red onion, cilantro, garlic, lime juice, black pepper, and quinoa. Mix thoroughly and set aside.
5. To make the sauce: Combine honey and peanut butter in a small, microwave-safe bowl. Microwave for 15 seconds.
6. Add remaining sauce ingredients to the peanut butter and honey mixture. Mix until combined.
7. To create wraps, lay one lettuce leaf flat and place 2 Tbsp quinoa mixture in center. Top each lettuce wrap with 2 tsps (10 ml) of peanut sauce. Serve warm.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **2 wraps**

Amount per serving

Calories **60**

Total Fat 2 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 120 mg

Total Carbohydrate 8 g

 Dietary Fiber 1 g

 Total Sugars 2 g

 Includes 1 g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 0 %

Iron 3 %

Potassium 67 mg

Phosphorus 35 mg
