

Quinoa Lettuce Wraps with Spicy Peanut Sauce



These lettuce wraps are a filling snack topped with a tasty sauce with the perfect balance of savory, sweet, and spicy flavors.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
------------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For the Wraps:

1/2 cup	Quinoa, uncooked, rinsed
1 cup	Water
1/2 medium	Red Bell Pepper, diced small
2 each	Green Onions, cut into small rounds
2 Tbsp	Cilantro, chopped finely
4 cloves	Garlic, minced
2 Tbsp	Lime Juice (one lime)
To taste	Black Pepper, ground
12 leaves	Bibb or Romaine Lettuce

For the Sauce:

1 Tbsp	Honey
2 Tbsp	Peanut Butter, smooth, no sugar added
2 Tbsp	Soy Sauce, low sodium
1 Tbsp	Lime Juice (1/2 lime)
1 Tbsp	Water
1 tsp	Sriracha Hot Sauce
To taste	Black Pepper, ground

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small saucepan, combine quinoa and 1 cup of water. Bring to a boil. Lower the heat and cook, covered, for 15-20 minutes. When done, remove pot from heat and let sit still covered for 5 minutes. 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 and set aside to cool.
3. While the quinoa is simmering, chop and dice the bell pepper, green onions, cilantro, and garlic.

CHEF NOTES

For tangier flavor, juice the whole lime and make sure to include the zest which is where the essential oils and strongest flavor is found.

4. In a medium-sized bowl, combine the bell pepper, green onion, cilantro, garlic, lime juice, black pepper, and cooked quinoa. Mix thoroughly and set aside.
5. Make the Spicy Peanut Sauce: Combine honey and peanut butter in a small, microwave-safe bowl. Microwave for 15 seconds to loosen.
6. Add the soy sauce, lime juice, water, sriracha and pepper to the peanut butter and honey mixture. Mix until combined.
7. To create wraps, lay one lettuce leaf flat and place 2 Tablespoons of quinoa mixture in center. Top each lettuce wrap with 2 teaspoons of peanut sauce. Serve warm or at room temperature.

Nutrition Facts	
12 servings per container	
Serving size	1 wrap (64g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 120mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: PEANUTS, SOY

Recipe adapted from *Health meets Food: Quinoa Lettuce Wraps with Spicy Peanut Sauce* (5/1/20)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

