

Mediterranean Quinoa Lettuce Wraps with Tzatziki Sauce

These lettuce wraps can be easily customized and make for a filling snack or light lunch.

YIELD 8 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	English Cucumber, diced small
1/2 cup	Cherry Tomatoes, halved or quartered
1/4 each	Red Onion, diced small
6 each	Olives (Castelvetrano, Kalamata, etc.), chopped (about 2 Tbsp)
1 each	Lemon, zested and juiced
2 Tbsp	Parsley, fresh, chopped
1 tsp	Oregano, dried
1/4 tsp	Kosher Salt
1/4 tsp	Black Pepper, ground
1 head	Bibb or Boston Lettuce
1 recipe	Creole Roasted Chickpeas

For the Tzatziki Sauce:

1/2 each	English Cucumber
1 cup	Greek Yogurt
1 each	Lemon, zested and juiced
1 Tbsp	Parsley, fresh, chopped
1/4 tsp	Garlic Powder
1/4 tsp	Kosher Salt
To Taste	Black Pepper

CHEF NOTES

Lettuce wraps are a great way to use up leftover cooked whole grains and vegetables. Just add a flavorful sauce and you have a fiber-filled snack. Some combinations we love:

- Diced bell pepper, green onion, & cilantro with spicy peanut sauce
- Roasted carrots and broccoli with chimichurri sauce

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small saucepan, combine quinoa and 1 cup of water. Bring to a boil over medium-high heat. After coming to a boil, reduce heat to low, cover, and cook for 10-15 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 half of the cucumber, tomatoes, red onion, olives, and parsley and add to a medium bowl. Zest and juice one lemon into the bowl and season with the oregano, salt and pepper. Set aside.

4. Make the Tzatziki Sauce: Using a box grater, grate half of the cucumber. Measure out a tightly packed ½ cup of the grated cucumber and add to a small mixing bowl. Add the yogurt, the zest and juice of one lemon juice, parsley, garlic powder, salt and pepper and stir to combine evenly. Refrigerate the sauce until ready to serve.
5. Add the cooked and cooled quinoa to the chopped vegetables and stir to combine.
6. To assemble the wraps, lay one lettuce leaf flat and place about ¼ cup of quinoa mixture in center. Top each lettuce wrap with 1 Tablespoon Tzatziki sauce and 1 Tablespoon roasted chickpeas.

Nutrition Facts	
8 servings per container	
Serving size	2 lettuce wrap (203g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.5mg	8%
Potassium 320mg	6%
* 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: MILK



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

