

# Lettuce Wraps

This quick dish can be served as a snack or a meal when adding brown rice into the filling.

## About the Recipe

**157 Calories · 15.7 g Protein · 1.9 g Fiber**  
**Lunch**

This recipe contains tofu, which is rich in protein!

## Ingredients

***Makes 6 Servings***

- 3 1/2 oz (99 g) flavored tofu, dried
- 3 tbsp (45 mL) garlic, minced
- 2 tbsp (30 mL) fresh ginger, chopped
- 2 1/2 c (220 g) shiitake mushrooms, chopped
- 1 pound bean sprouts
- 1 large carrot, cut into fine strips
- 1 head lettuce
- 1/2 lemon, retain juice
- 1 tsp (5 mL) reduced-sodium soy sauce
- 1/4 tsp (1.2 mL) red pepper flakes
- Iodized salt *\*optional*
- Ground black pepper *\*optional*

## Directions

1. In a wok, stir-fry garlic, ginger, and carrot with some water for a few minutes until soft.

2. Add the shiitakes and 4 or 5 shakes of soy sauce. If you'd like, add some salt and pepper and red pepper flakes. Stir-fry for 5 minutes, add the dried tofu and cook for 5 more minutes.
3. Spoon the mixture onto the lettuce leaves, sprinkle with a few drops of lemon juice, and roll them up! (Optional:&nbsp;Add some brown rice into the filling.)

## Nutrition Facts

*Per serving*

**Calories:** 157

**Fat:** 8 g

**Saturated Fat:** 1 g

**Calories from Fat:** 43%

**Cholesterol:** 0 mg

**Protein:** 15.7 g

**Carbohydrates:** 10.5 g

**Sugar:** 2.7 g

**Fiber:** 1.9 g

**Sodium:** 277 mg

**Calcium:** 231 mg

**Iron:** 3 mg

**Vitamin C:** 10.1 mg

**Beta-Carotene:** 1,305 mcg

**Vitamin E:** 0.5 mg