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: 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