**Quinoa Lettuce Wraps with Spicy Peanut Sauce**

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

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### U.S. Ingredients

#### For the Quinoa Filling:
- 1/2 cup Quinoa, uncooked
- 1 cup Water
- 1/2 medium Red Bell Pepper, diced small
- 1/4 small Red Onion, diced very small
- 2 Tbsp Cilantro, chopped finely
- 30 mL Lime Juice
- To taste Garlic, minced
- To taste Black Pepper, ground
- 12 leaves Bibb Lettuce

#### For the Peanut Sauce:
- 1 Tbsp Honey
- 2 Tbsp Soy Sauce, low sodium
- 2 Tbsp Peanut Butter
- 1 Tbsp Lime Juice
- 1 Tbsp Water
- 1 tsp Sriracha Hot Sauce
- To taste Black Pepper, ground

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### Metric Ingredients

#### For the Quinoa Filling:
- 113 g Quinoa, uncooked
- 237 mL Water
- 1/2 medium Red Bell Pepper, diced small
- 1/4 medium Red Onion, diced very small
- 7 g Cilantro, chopped finely
- 30 mL Lime Juice
- To taste Garlic, minced
- To taste Black Pepper, ground
- 12 leaves Bibb Lettuce

#### For the Peanut Sauce:
- 15 mL Honey
- 30 mL Soy Sauce, low sodium
- 30 mL Peanut Butter
- 15 mL Lime Juice
- 15 mL Water
- 5 mL Sriracha Hot Sauce
- To taste Black Pepper, ground

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### Preparation:

1. Gather all ingredients and equipment.
2. In a small saucepan, combine quinoa and 1 cup of water. Bring to a boil. Lower heat 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.
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tr>
<td>12 Servings</td>
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<td><strong>Serving size</strong></td>
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**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 1.5 g Added Sugars

**Protein**      2 g  

**Vitamin D**    0 %  

**Calcium**      0 %  

**Iron**         2 %  

**Potassium**    63 mg  

**Phosphorus**   35 mg  

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8/31/20

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