



## 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!

### **U.S.**

#### *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
4 cloves	Garlic, minced
2 Tbsp	Lime Juice
To taste	Black Pepper, ground
12 leaves	Bibb Lettuce

### **Metric**

113 g
237 ml
1/2 medium
1/4 medium
7 g
4 cloves
30 ml
To taste
12 leaves

#### *Sauce:*

1 Tbsp	Honey	15 ml
2 Tbsp	Soy Sauce, low sodium	30 ml
2 Tbsp	Peanut Butter	30 ml
1 Tbsp	Lime Juice	15 ml
1 Tbsp	Water	15 ml
1 tsp	Sriracha Hot Sauce	5 ml
To taste	Black Pepper, ground	To taste

### **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.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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12 Servings

**Serving size**                      **2 wraps**

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**Amount per serving**

**Calories**                              **60**

Calories from Fat                      15

**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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