



Quinoa Pesto Lettuce Wraps

U.S.		Metric
1 cup	Cherry Tomatoes	113 g
2 cup	Quinoa, dry	226 g
1/4 cup	Parmesan Cheese, grated	56.5 g
2 Tbsp	Olive oil	30 mL
1/4 cup	Pecans	56.5 g
1 clove	Garlic, clove	1 clove
2 cups	Basil, Fresh	120 g
4 cups	Vegetable Stock	946 mL
2 cups	Chickpeas, canned, drained and rinsed	226 g
1 head	Romaine or Bibb Lettuce	1 head

Preparation:

1. Gather all Ingredients and equipment.
2. Place quinoa, vegetable stock in a pot over high heat, bring to boil, cover and reduce to a simmer, and allow the quinoa to cook until tender and all the water has been absorbed (about 20 minutes).
3. Place parmesan cheese, olive oil, pecans, garlic, and basil in a blender, pulse until smooth.
4. Cut the cherry tomatoes into halves.
5. Combine quinoa with pesto, chickpeas, and tomatoes. Serve in lettuce wraps.

Nutrition Facts

Serving size **1/6th recipe**
Servings **6**

Calories	370
Calories from Fat	120
Total Fat	14 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	2 mg
Sodium	190 mg
Carbohydrates	49 g
Dietary Fiber	5 g
Sugars	1 g
Protein	13 g
Vitamin A	10 %
Calcium	10 %
Vitamin C	2 %
Iron	20 %
Phosphorus	325 mg
