

Asian Walnut Lettuce Wraps

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: 2-3 lettuce wraps

Ingredients:

2 cups raw walnuts	3 carrots, shredded
4 teaspoons soy sauce or tamari	½ red bell pepper, thinly sliced
1 inch fresh ginger root, peeled and minced or grated	2 scallions, chopped
2 tablespoons olive oil	Sesame seeds for garnish
2 cloves garlic, minced	
1 tablespoon sriracha or chili garlic sauce	
2 tablespoons maple syrup	
½ teaspoon sesame seeds	
1 head Boston or Bibb lettuce (sub iceberg/chard if you can't find)	

Directions:

1. Put the walnuts in a bowl and cover with hot water. Let soak for ten minutes while you clean and chop the rest of your veggies.
2. Drain the walnuts and place them in a high-powered blender or food processor with the soy sauce, ginger, olive oil and garlic. Pulse several times, scraping down the sides of the container with a spatula between pulses as necessary. The result should be finely minced pieces, but not a mush or paste.
3. Add the Sriracha, maple syrup, and sesame seeds and pulse a few more times to incorporate. Mix with a spatula if needed as you scrape it into a bowl for the table.
4. Serve either by prefilling wraps on everyone's plate with walnut meat, carrots, pepper slices, scallions and a sprinkling of sesame seeds in each whole lettuce leaf, or by putting everything on the table for everyone to serve themselves.

Tips and Tricks:

You could add cucumbers or bean sprouts in these as well, or even avocado slices, but these are amazing and so easy—I'm sure you'll be making them all year long.

Nutritional Information Per Serving:

Calories: 507
Fat: 47.0 g
Cholesterol: 0 mg
Sodium: 380.7 mg
Total Carbohydrate: 23.4 g
Dietary Fiber: 6.2g
Sugars: 13.1 g
Protein: 10.4 g