



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.

*Substitute gluten free soy sauce or tamari or coconut aminos here if you are gluten and/or soy free.

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