Lettuce Wraps

INGREDIENTS

- 1 teaspoon sesame oil
- 1 small yellow onion, diced small
- 1 lb ground chicken, turkey, tofu, tempeh etc. pre cooked and set aside
- 2 teaspoons neutral oil, divided
- 8 oz. mushrooms, chopped small
- 1 8-oz. can water chestnuts, drained and chopped small
- 3 cloves garlic, minced
- 1-inch piece ginger, peeled minced (about 1 Tablespoon)
- About 6 green onions, sliced thinly
- 2 Tablespoons tamari
- 2 Tablespoons rice wine vinegar
- 2 cups cooked rice noodles or cooked rice
- 2 small heads Bibb or butter lettuce, or swiss chard (lightly steamed)
- Red pepper flakes, to serve
- Hot sauce, to serve

DIRECTIONS

1 Heat sesame oil and 1 teaspoon neutral oil in skillet. Add onions and sauté 2 minutes. Add mushrooms, garlic and ginger and sauté another 2-3 minutes.

2 Add hoisin sauce, water chestnuts, cooked meat or tofu, tamari and rice vinegar and combine to heat through. Mix with cooked noodles or rice.

3 Open each lettuce leaf, place 2 spoonfuls of filling inside. Top with sriracha, hoisin or other favorite sauce.

Makes enough filling for approximately 18 small wraps.

NOTES