

Lettuce Wraps

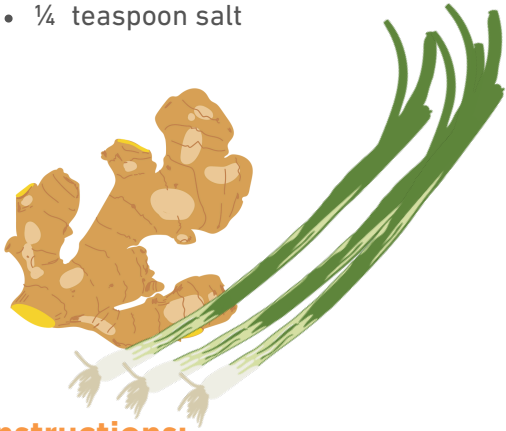
Serves 10



Ingredients:

For the quick pickled veggies

- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 large carrot, sliced into thin matchsticks or peeled crosswise into thin rounds
- 1 Tablespoon ginger, minced or grated
- 2 garlic cloves, minced or grated
- ¼ teaspoon red pepper flakes
- ¾ cup hot water
- ¾ cup rice or distilled white vinegar
- ¼ teaspoon sugar
- ¼ teaspoon salt



For the tofu filling

- (2) 14-16-ounce blocks extra-firm tofu, drained
- 2 Tablespoons canola oil
- 4 garlic cloves, minced or grated
- 2 Tablespoons ginger, minced or grated
- 4 scallions, thinly sliced, and divided, white parts for filling and green parts for sauce
- (1) 8-ounce can water chestnuts, drained and diced small
- 1 large head iceberg lettuce, leaves separated into cups or wraps

For the sauce

- 1 teaspoon cornstarch
- 1 teaspoon water
- ¼ cup low-sodium tamari or soy sauce
- 2 Tablespoons rice vinegar
- 1 Tablespoon brown sugar
- 2 teaspoons canola oil
- ½ teaspoon red pepper flakes
- 2 garlic cloves, minced
- Scallion greens (above)

Instructions:

1. For the pickled veggies, combine hot water, white vinegar, sugar, and salt in a quart container or medium bowl.
2. Add peppers, carrots, ginger, garlic, and red pepper flakes.
3. Let everything sit for 30 minutes. (Can be refrigerated at this point for up to 2 weeks)
4. To press tofu, line a cutting board or plate with paper towels or clean dish towels. Cut each block of tofu into 3 planks. Place planks on lined surface and top with more towels. Set a weighted object on top (for example, a heavy skillet, textbook, or cans of vegetables) and let sit for 10 to 15 minutes.
5. Once tofu is pressed, crumble into a medium bowl using a wooden spoon, spatula, or your hands.
6. Heat an electric skillet or a large saute pan (preferably non-stick) over medium-high heat.
7. Add the oil and, and once it shimmers, add crumbled tofu. Cook for 15 minutes, stirring occasionally while it begins to brown.
8. Meanwhile, in a small bowl, mix the sauce ingredients. Start by whisking together the cornstarch and water until smooth. Then stir in the tamari or soy sauce, rice vinegar, brown sugar, canola oil, red pepper flakes, garlic, and scallion greens. Set aside.
9. Add the garlic, ginger, and white parts of the scallions to the pan with the tofu and saute for 5 minutes.
10. When the tofu is crispy and brown after 15 minutes, stir in the water chestnuts and the sauce and cook for another 2 minutes.
11. To serve, scoop about two heaping Tablespoons of the tofu mixture into each lettuce leaf. Top with pickled veggies and extra sliced scallions if desired.

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Nutrition Facts		
Serving Size	1 × 10 Serving	
Amount Per Serving		
Calories	172.5	
	% Daily Value*	
Total Fat	8.1 g	10 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	270 mg	12 %
Total Carbohydrate	14.7 g	5 %
Dietary Fiber	3.3 g	12 %
Total Sugars	4.5 g	
Added Sugars	1.8 g	4 %
Protein	11.3 g	
Vitamin D	0 mcg	0 %
Calcium	97.7 mg	8 %
Iron	2.2 mg	12 %
Potassium	244.8 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>