



Beef Lettuce Wraps

Looking for a light dinner with substance—you will enjoy this stream-lined version of a favorite Asian wrap. Look for shredded carrots in a bag.

Makes 2 (1-cup) servings

1/2 pound ground sirloin
2 tablespoons hoisin sauce
1 1/2 teaspoon low sodium soy sauce
1/2 teaspoon minced garlic Salt and pepper to taste
1/4 cup shredded carrot
1/3 cup chopped water chestnuts
1/4 cup chopped green onions
2 tablespoons chopped peanuts
1 teaspoon sesame oil, optional
Boston lettuce leaves or red tip lettuce

1. In large nonstick skillet, cook meat over medium heat about 5-7 minutes, or until done. Drain excess fat. Remove from heat.
2. Stir in hoisin sauce, soy sauce, garlic and season to taste, mixing well. Add carrot, water chestnuts, green onions, peanuts and sesame oil, if desired. Spoon mixture onto a lettuce leaf and wrap. Repeat with remaining leaves.

Nutritional information per serving:

Calories 253 Calories from fat 35% Fat 10g Saturated Fat 3g Cholesterol 62mg Sodium 285mg
Carbohydrate 14g Dietary Fiber 4g Sugars 6g Protein 28g Dietary Exchanges: 1 vegetable, 1/2
other carbohydrate, 3 lean meat

Spicy Advice: Toss in shredded cabbage, cucumber, bean sprouts and serve with extra hoisin sauce-use whatever you have on hand or prefer.