Quinoa Lettuce Wraps with Easy Peanut Sauce

Prep Time: 10 minutes Total Time: 10 minutes Yield: 8 servings Calories per serving: 280 Fat per serving: 10.6g

This recipe is vegetarian, vegan (egg-free and dairy-free), and gluten-free. To make it soy-free, simply leave out the tamari sauce or Bragg's Liquid Aminos. This recipe can also be made peanut-free by substituting almond butter in the dipping sauce. If a sugar-free sauce is desired, simply omit the maple syrup.

Ingredients

- 1 head green leaf lettuce
- 2 cups cooked quinoa
- 1 bunch red radishes, cut into matchsticks
- 2 english cucumbers, seeded and cut into matchsticks
- 2 medium carrots, peeled and cut into matchsticks
- 1 large bunch fresh basil

Easy Peanut Sauce

- 1/2 cup natural (unsweetened) peanut butter
- 1/2 cup warm water
- 2 tablespoons tamari or Bragg's Liquid Aminos
- 1 clove garlic, minced
- 2 teaspoons fresh lime juice
- 2 teaspoons maple syrup (optional)

Instructions

- 1. Wash lettuce leaves and lay flat on paper towels to dry.
- 2. Prep other ingredients and lay out on plates or a cutting board for easy assembly.
- 3. Let family members fill and wrap their own lettuce leaves.
- 4. Dip in the sauce and enjoy!

Sauce

5. Mix ingredients together and chill until serving.

Notes

Servings 8, Calories 280, Fat 10.6g, Carbohydrates 35.9g, Protein 12.2g, Cholesterol 0mg, Sodium 276mg, Fiber 5.3g, Sugars 5g

http://www.cookingguinoa.net/guinoa-lettuce-wraps-with-easy-peanut-sauce