

# 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.cookingquinoa.net/quinoa-lettuce-wraps-with-easy-peanut-sauce>