

# Lettuce Wraps

**Makes**  
8 servings

**Prep time**  
10 minutes

**Cook time**  
10 minutes

**Good source of**  
Protein

**Ingredients:**

- 3 Tbsp. hoisin sauce
- 1 Tbsp. soy sauce
- 2 tsp. hot sauce (optional)
- 1 Tbsp. rice vinegar
- 1 tsp. sugar
- 3 tsp. canola or vegetable oil, divided
- 1 lb. lean ground beef, pork, turkey, or chicken
- 1 medium carrot, peeled, shredded
- ½ cup green onions, sliced
- 3 cloves garlic, finely minced
- 1 Tbsp. fresh ginger, finely minced
- 1 can water chestnuts, drained and rinsed, diced small
- 1 large head iceberg lettuce

## Nutrition Facts

8 servings per container  
**Serving size** 1/2 cup (178g)

Amount per serving  
**Calories** **150**

	% Daily Value*
<b>Total Fat</b> 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 407mg	8%

\*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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## Directions:

1. In a bowl, whisk together hoisin sauce, soy sauce, hot sauce, rice vinegar, and sugar. Set aside.
2. Heat 1½ tsp. oil in a pan over medium-high heat. Add ground meat to the pan and let cook until browned on bottom, about 3 minutes.
3. Break up meat into crumbles and cook an additional 3-5 minutes until fully cooked, stirring often. Remove from heat and set aside. Be sure to empty out any excess liquid that remains in the pan.
4. Add remaining 1½ tsp. oil into pan. Add carrots and green onions and sauté for about 1 minute. Add garlic and ginger and cook for 1 minute.
5. Add cooked ground beef, water chestnuts, and sauce mix back into pan. Stir well and cook until heated, about 2-3 minutes. Remove from heat.
6. Separate lettuce leaves and spoon about ¼ to ½ cup of beef mixture into each leaf. Garnish with additional green onions and serve hot.

