



## Nutrition Facts\*

Calories	242cal
Protein	5g
Total Fat (0g trans fat)	17g
Carbohydrates	17g
Sugar	9g
Sodium	226mg

## Nutritionist Approved

Inspired by a plant-based diet, this recipe allows for a great alternative to a high-carb meal. With the added nutritional benefits of butter lettuce, the vegetables and the dipping sauce are a great pairing. Butter lettuce is flavourful, low in calories and rich in nutrients like vitamin A and vitamin K.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.



## LUNCH

# THAI LETTUCE WRAPS

BY CHEF MICHELANGELO COLELLA

This Asian-inspired dish is packed with bright and vibrant vegetables and paired with a delicious dipping sauce. Healthy, simple and a fun way to make a low-carb delight!

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 2 SERVINGS

## INGREDIENTS

### For Wraps and Toppings

- 1 head butter lettuce
- ¼ cup zucchini (julienned)
- ¼ cup carrot (julienned)
- ¼ cup red pepper (julienned)
- ¼ cup mango (julienned)
- 1 avocado (sliced thin)
- 1 Thai chili (sliced thin)
- ¼ cup cilantro
- ¼ cup roasted cashews (roughly chopped)

### For the Dressing/Dipping Sauce

- ⅓ cup gluten-free soy sauce
- ½ tbsp. ginger (chopped)
- 1 clove garlic (chopped)
- 1 tsp. sesame oil

## METHOD

- For wraps and toppings:** Combine zucchini, carrot, red pepper and mango in a bowl and mix thoroughly.
- For dressing/dipping sauce:** Combine all ingredients in a small bowl and mix thoroughly.
- Using lettuce as a wrap, fill with vegetable mixture. Add 1 slice of avocado, a couple of the Thai chilies slices, cilantro leaves and roasted cashews. Either spoon in the dressing or use it as a dipping sauce. Enjoy!

