



What's On My Plate?

E Chang's Lettuce Wraps

Ingredients:

Extra Virgin Olive Oil - appx. 2 tbsp.

1 Yellow onion, finely chopped

2 cups Shredded carrots

1 can Water chestnuts, drained and minced

1 tbsp. Minced garlic

1- 10 oz. Package sliced mushrooms, minced

1 tbsp. Crushed ginger

Ken's Lite Asian Sesame Ginger Salad Dressing, to taste

Sriracha, to taste (Be smart though, this stuff packs a lot of heat. It is easy to add more heat but difficult to take it away)

1 lb. ground turkey (you could also use ground chicken or firm tofu)

Salt and pepper to taste

1 tbsp. Soy Sauce

2 large handfuls of mung bean sprouts

3 green onions, chopped

Iceberg lettuce

Directions:

1. Coat a large skillet with 1 tbsp. olive oil and sauté onion until tender, about 5 minutes over medium high heat.

2. Add carrots, water chestnuts and garlic and sauté for another 5-7 minutes.

3. Add mushrooms and sauté until the mushrooms are tender.

4. Add a splash of the Asian dressing and as much Sriracha as desired. Cook for about 2 minutes.

5. Remove skillet from the heat and transfer vegetable mixture to a large bowl. Add the mung bean sprouts and chopped green onions to the bowl and mix gently.

6. Sauté ground turkey (or tofu) in the large skillet (you may need a little more olive oil).

7. When the turkey (or tofu) is about 1/2 cooked add the crushed ginger, another splash of Asian dressing and 1 tbsp. of soy sauce. Season with salt and pepper to taste.

8. When the turkey is done cooking add the vegetable mixture and cook for about 2 minutes so that all the flavors can marry.

9. Peel the outer layers of the iceberg lettuce to use for your lettuce cups.

10. Serve!

If the lettuce cup idea is too cumbersome; this mixture also goes really well over steamed brown rice.