

K's Kitchen: Simple lettuce wraps

By Kathryn Reed

Lettuce wraps are really just tacos without the carbs. They are often smaller, which might have people eating less.

While I used what I call "fake meat" because I'm a vegetarian, it would be possible to use ground beef, pork or even fish. You'll just need to cook them. Using the microwave works for the "fake meat" because it just needs to be heated, not cooked.

This recipe is flavorful, but not spicy. All of that can be changed based on seasoning.



Lettuce Wraps

1C white vinegar

1C water

$\frac{1}{4}$ C granulated sugar

2 tsp kosher salt, divided

1 C carrots, matchstick

6 garlic gloves, minced

1 jalapeno, thinly sliced

12 ounces "fake" ground beef

$\frac{1}{2}$ tsp cumin

$\frac{1}{4}$ tsp chili powder

8 butter lettuce or Bibb lettuce leaves

$\frac{3}{4}$ C cilantro, chopped

$\frac{3}{4}$ C white onion, chopped

$\frac{1}{4}$ C Mexican crema

In small sauce pan combine vinegar, water, sugar, and half teaspoon salt. Bring to a boil; stir until sugar dissolved. Remove from heat.

Place carrots, garlic, and jalapeño slices in a medium bowl; pour liquid mixture over vegetable mixture. Let stand at room temperature.

Combine "meat," onion, cumin, chili powder, and remaining salt in a medium bowl; mix well. Heat in microwave until hot.

Place lettuce leaves on a large serving platter. Divide "meat" mixture evenly among lettuce leaves.

Drain liquid from vegetables. Top each wrap evenly with mixture. Sprinkle cilantro evenly, then drizzle crema on top.