

TVP Lettuce Wraps

With the holiday season behind us now, having enjoyed many nice meals and baked goods, we are looking forward to lighter meals. Lettuce wraps are a great way to cut back on breads, yet still have a filling and satisfying meal.

- 6** large lettuce leaves
- 1** cup TVP (textured vegetable protein)
- 1&1/2** cups boiling water
- 1** onion, chopped
- 2** tablespoons oil
- 2** tablespoons tomato paste
- 1** teaspoon taco seasoning
- pinch** salt and pepper
- 1** carrot, peeled and grated
- 10-12** water chestnuts, thinly sliced
- 1/2** cup corn
- for the dipping sauce**
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- 1/2-3/4** cup Thai sweet spicy chili sauce
- 1** tablespoon sesame oil
- 1** tablespoon tamari or slight soy sauce
- 1/2** teaspoon ginger

Method

- 1.** Cut the bottom stem from the lettuce making it easier to carefully remove the lettuce leaves.

- 2.** Wash, pat dry the leaves and set aside.

- 3.** Place the TVP in a bowl and pour the boiling water over. Put a plate or lid on top of the bowl and allow the TVP to swell for 10 minutes or so.

- 4.** Chop the onion.



Servings/Yield

3 servings
6 wraps

Categories

Healthy, High Fiber, Low Calorie, Low Cholesterol, Low Fat, Vegan, quick and easy

5. Heat the oil in a small frying pan and sauté the onion until glassy.

6. Add the TVP and stir well to mix.

7. Add the tomato pate, taco herbs and salt and pepper to taste.

8. Mix well and remove the TVP mixture from the heat.

9. Peel and grate the carrot.

10. Slice the water chestnuts and prepare the corn (drain the liquid if it is in a can, thaw if frozen, cook if fresh).

11. to prepare the dipping sauce: Mix the Thai sweet chill sauce with the sesame oil, tamari and ginger. Season to taste and place in a small dipping bowl.

12. to make the wraps: place a tablespoon of each ingredient in each lettuce leaf and wrap up as you do a tamale. Set 2 lettuce wraps on each plate with some dipping sauce.

