

## UofL Health Promotion Office Featured Recipe

Use the abundant local vegies from Farmers' Market to make a luscious and nutrient-dense meal...quickly!



# Lettuce Wraps

Comments from Karen Newton, MPH, RD, Director of Health Promotion Office: *You can add or substitute almost any sliced or shredded vegetables or herbs. Try carrots, radishes, parsley, cilantro, and mint. You can also vary the smart protein to take advantage of seasonal*

**Total prep time:** 20 minutes

**Difficulty level-** moderate    **Price-**moderate

### Ingredients:

- 1 Tbsp tahini (optional)
- 1 small clove garlic, finely minced
- 1 Tbsp lemon juice
- ½ cup non-fat plain yogurt
- ½ lb. boneless, skinless chicken (or 1 cup tofu, tempeh, or garbanzo beans)
- ½ tsp. cumin
- 1 tsp. coriander
- ¼ tsp. salt
- freshly ground black pepper
- 2 Tbsp extra-virgin olive oil (or vegie broth)
- 1 cup chopped cherry tomatoes and/or red/yellow/orange bell peppers
- 1 cup sliced seedless cucumber and/or summer squash
- ¼ cup diced red onion and/or leeks
- butter or leaf lettuce leaves

### Directions:

- In a small bowl, mix the tahini, garlic, lemon juice, and yogurt.
- If you're using chicken, put the chicken in a zip-lock bag and pound to an even ¼-inch thickness.
- Mix the cumin, coriander, salt, and pepper in a small bowl and sprinkle over the chicken
- Heat the oil (or vegie broth) in a medium, non-stick pan over medium heat. Sauté the chicken until cooked through, 2-3 minutes per side. Remove to a cutting board, allow to cool for 5 minutes, then slice into strips.
- Put a few slices of chicken or small portion of your smart protein choice on a lettuce leaf and top with tomato, cucumber, red onion, and a spoonful of the yogurt sauce.

More recipes from UofL Health Promotion Office:

<http://louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes>

Check out Chef Mat's website for more recipes that feature fresh summer vegies:

<http://www.junehealthandwellness.com>