

Lettuce Wraps

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Ingredients:

Large leaf of lettuce (the wrap)
Favorite sandwich ingredients (see below)

Filling options:

Tuna: Mix tuna with chopped avocado, grated carrots, cucumbers, tomatoes and plain yogurt.

Chicken or turkey: Mix with chopped avocado, bacon, cheese, spinach leaves and tomatoes.

Steak or roast beef: Mix with onions, salsa, spices (cayenne pepper, oregano, salt, thyme) and tomatoes.

Salmon: Mix with chopped avocado, cucumber, sun dried tomatoes, dill and plain yogurt

Preparation:

Place the lettuce leaf on a plate and top with desired sauces or spreads.

Layer fillings, putting the heaviest ingredients in first.

Stop short of the edges of the leaf to prevent spillage.

Fold the edges in to form a barrier, then carefully roll the leaf around the fillings.