



Thai lettuce wraps with sticky cashews
RECIPE

Thai lettuce wraps with sticky cashews



COOK TIME 5 min
PREP TIME 15 min
MAKES 4 servings

This recipe makes it easy to prepare lettuce wraps, a favorite appetizer. Lettuce leaves add a crisp outer layer to a delicious mix of organic quinoa, brown rice, veggies and cashew. It's totally irresistible when you add the drizzling sauce!

Wraps:

- 3 tbsp. packed brown sugar
- 2 tsps. light soy sauce
- 1 tsp. lime juice
- Pinch ground cayenne pepper
- 1/2 cup cashew halves
- 1 package of SEED OF CHANGE™ Quinoa and Brown Rice with Garlic
- 8 Bibb lettuce leaves
- Assorted vegetables, such as shredded carrot, chopped green onion, bell pepper strips and sliced radish
- Assorted fresh herbs, such as chopped cilantro, mint and/or basil

Drizzling Sauce:

- 2 tbsp. light soy sauce
- 1 tbsp. plain rice vinegar
- 1 small clove finely chopped garlic
- 1 tsp. finely chopped gingerroot
- 1 tsp. honey

DIRECTIONS

1. Spray 12-inch square of aluminum foil with nonstick spray; place on heat-proof surface. Set aside.
2. In 8-inch nonstick skillet, stir together brown sugar, soy sauce, lime juice and cayenne pepper.
3. Heat over medium heat to boiling, stirring frequently. Boil 1 minutes.
4. Stir in cashews; continue cooking 1-2 minutes longer or until soy mixture is thicken

and clinging to cashews.

5. Immediately transfer nuts to aluminum foil. Separate nuts with 2 forks; let cool.
6. Heat SEEDS OF CHANGE™ Organic Quinoa & Brown Rice as directed on package.
7. For each lettuce wrap, place 1/4 cup SEEDS OF CHANGE™ Organic Quinoa & Brown rice in center of lettuce leaf.
8. Top with about 1 tbsp. cashews and desired amount of vegetables and herbs.
9. Drizzling Sauce: In small bowl, stir together 2 tbsps. light soy sauce, 1 tbsp. plain rice vinegar, 1 small clove finely chopped garlic, 1 tsp. finely chopped gingerroot and 1 tsp. honey.
10. Spoon drizzling sauce over each wrap.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	270
Total Fat	8g
Saturated Fat	1.5g
Trans Fat	0g
Total Fat % DV	12%
Saturated Fat % DV	8%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	530mg
Sodium % DV	22%
Total Carbohydrate	45g
Dietary Fiber	3g
Sugars	16g
Total Carbohydrates % DV	14%
Dietary Fiber % DV	12%
Protein	7g

You might also love...



Whole grain greek salad with cucumber, radish & mint

Cook time

5 min

Prep time

15 min



Simple spicy tofu sushi

Cook time

1.5 min

Prep time

10 min



Kimchi rice bowl

Cook time

5 min

Prep time

5 min

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