

GROUND CHICKEN OR TOFU LETTUCE WRAPS

Prep Time: 10 minutes
Cooking Time: 15 minutes
Makes 4 servings

Ingredients

For the Sauce:

45 mL (3 tablespoons) Hoisin sauce
45 mL (3 tablespoons) reduced-sodium soy sauce
30 mL (2 tablespoons) rice vinegar* (optional)
5 mL (1 teaspoon) sesame oil* (optional)
1 mL (1/4 teaspoon) red pepper flakes* (optional)
2 cloves garlic, minced
10 mL (2 teaspoons) freshly grated ginger

For the wraps:

10 mL (2 teaspoons) canola or olive oil
350 g (12 oz.) package extra-firm tofu (do not use silken) OR **454 g/1 lb. extra-lean ground chicken, raw
227 g (8 oz.) package white or brown (Cremini) mushrooms, finely chopped
400 g (14 oz.) bag pre-washed coleslaw mix
3 green onions, rinsed and chopped, divided
8 large inner leaves romaine lettuce (from a romaine heart) or butter lettuce leaves (OR soft tortillas, wheat or corn, if desired)

Directions

In a small bowl, stir together the Hoisin sauce, soy sauce, rice vinegar, sesame oil, and red pepper flakes. Add the garlic and ginger to the small bowl and set aside.

Remove the tofu from the package, pat dry with paper towels. Heat the 2 teaspoons canola or olive oil in a large nonstick skillet over medium-high. Once the oil is hot, crumble in the tofu**, breaking it into very small pieces as it cooks, for about 5 minutes.

****OR if using meat, add the ground chicken to the skillet, breaking into small pieces with the edge of a spatula and cooking until no pink remains; drain if necessary before next steps.**

Then add the chopped mushrooms. Continue cooking until any remaining liquid cooks off and the tofu (or chicken) starts to turn golden, about 3 minutes more. Stir in the coleslaw mix and half of the green onions and cook until vegetables have wilted, about another minute or two.

Pour the sauce over the top of the tofu (or chicken) mixture and stir to coat. Cook just until you hear bubbling and the sauce is warmed through, 30 to 60 seconds. Spoon the filling mixture into individual lettuce leaves, or inside wheat- or corn- soft tortillas if desired. Top with remaining green onions and additional red pepper flakes as desired.



Delicious and packed with protein and veggies!

***Rice vinegar, sesame oil and red pepper flakes give a more complex and rich flavour but if you don't have these ingredients, it will still taste good!**

Recipe adapted from Vegetarian Lettuce Wraps - WELL PLATED BY ERIN
<https://www.wellplated.com/vegetarian-lettuce-wraps/>

- ✓ Quick & Easy
- ✓ Vegan-Vegetarian (option)
- ✓ Source of iron
- ✓ Gluten-Free (option)



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