

# Mushroom "Bulgogi" Lettuce Wraps FIT

Portion Size: 2 each    Yield: 8

## Ingredients:

### Bulgogi Marinated Mushrooms

Cremini Mushrooms, sliced	2 ½ lbs
Oyster Mushrooms	1 ½ lbs
Soy Sauce	7 TBSP
Lite Brown Sugar	1/3 cup
Garlic, minced	¼ cup
Ginger Root, peeled, minced	¼ cup
Rice Vinegar	1 ½ TBSP
Sesame Oil	2 TBSP
Yellow Onion, sliced	1 large
Canola Oil	3 TBSP
Green Onions, sliced	1/4 cup

### Lettuce Wraps

Leaf Lettuce	16 each
Sesame Seeds, toasted	4 tsp
Cucumbers, peeled, sliced	1 large
Cilantro, sprigs	16 each

## Preparation:

### Bulgogi Marinated Mushrooms

1. Cut or pull oyster mushrooms into smaller, bite sized pieces.
2. In a bowl, whisk together soy sauce, brown sugar, garlic, ginger, rice vinegar, sesame oil and onion. Add oyster and cremini mushrooms to marinade. Toss to combine. Marinate for 30 minutes.
3. Heat oil in a sauté pan. Add mushrooms (reserve any excess marinade). Sauté until liquid is cooked out of mushrooms and mushrooms have nice color.
4. Add remaining marinade. Cook until reduced and to sauce consistency.
5. Garnish with green onion.

### Lettuce Wraps

Fill each lettuce leaf with ½ cup bulgogi marinated mushrooms, ¼ tsp. sesame seeds, 2 tbsp sliced cucumber, and garnish with 1 cilantro sprig.

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
220	10	1	490	8	31	4	17



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# Tofu, Mushroom, Water Chestnut Lettuce Wraps FIT

Portion Size: 2 each    Yield: 8



## Ingredients:

Extra Firm Tofu, drained	1 3/4 lb	Lettuce Leaf	16 each
Cremini Mushrooms, fresh	1 lb	Carrots, julienned	2 cup
Water Chestnuts, drained, 1/2" dice	1 lb	Scallions, julienned	1/2 cup
Sesame Oil	2 tsp		
Canola Oil	2 TBSP		
Garlic, minced	1 1/2 TBSP		
Ginger Root, peeled, minced	1 1/2 TBSP		
Hoisin Sauce	1/4 cup		
Soy Sauce, less sodium	1/4 cup		
Rice Vinegar	2 TBSP		
Red Pepper Flakes	3/4 tsp		
Lime Juice	2 TBSP		

## Preparation:

1. Press tofu for at least 1 hour between paper towels and something heavy (cookbook, pan) on top to press out all excess moisture (tofu can also be left to press in the refrigerator overnight).
2. Crumble pressed tofu.
3. Clean and finely chop cremini mushrooms
4. Heat oil in a sauté pan. Add crumbled tofu and cook for 5 minutes.
5. Add diced mushrooms. Continue cooking until liquid is cooked out and mushrooms and tofu begin to caramelize.
6. Add garlic, ginger, and diced water chestnuts. Continue cooking until fragrant.
7. Add hoisin, soy sauce, rice vinegar, chili flakes, and lime juice. Continue cooking until sauce is slightly reduced.
8. Remove filling from the heat.
9. Fill each lettuce leaf with 1/2 cup tofu mushroom filling, 2 tbsp julienned carrot, and 1/2 tbsp green onion.

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
280	14	2	500	17	5	1	3



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# Minty Thai Chicken Lettuce Wraps FIT

Portion Size: 3 each    Yield: 5



## Ingredients:

Canola Oil	1 ½ tsp	Lettuce Leaf	15 each
Red Pepper Flakes	1 ½ tsp	Cilantro, fresh	15 sprigs
Paprika, ground	¼ tsp		
Onion, diced	3 TBSP		
Lemongrass, minced	1 ½ tsp		
Ground Chicken Breast, skinless	12 oz		
Brown Sugar	1 tsp		
Fish Sauce	2 TBSP		
Roma Tomatoes, remove seeds, julienne	1 small		
English Cucumber, julienne	½ each		
Lime Juice	3 TBSP		
Makrut Lime Leaves, julienne	2 each		
Green Cabbage, shredded	½ cup		
Mint, fresh	¼ cup		

## Preparation:

1. Heat oil in a sauté pan. Add chili flakes and paprika, cook for 10 seconds. Add onion and lemongrass, cook until softened.
2. Add chicken, brown sugar, and fish sauce. Cook until chicken reaches an internal temperature of 165°F.
3. In a bowl combine chicken mixture, tomatoes, cucumbers, lime juice, lime leaves, cabbage and mint leaves. Allow mixture to cool.
4. Fill each lettuce leaf with ¼ cup of chicken mixture, garnish with a spring of cilantro.

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
120	3	<1	470	17	5	1	3



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