



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Asian Lentil Lettuce Wraps

This innovative twist on lettuce wraps marries traditional Chinese flavors with fresh produce and protein-rich lentils. So good, no one will miss the meat.

INGREDIENTS





- 1 cup red lentils, picked over and rinsed
- 1 ½ tbsp olive oil
- 1 cup chopped red bell pepper
- ¾ cup finely chopped yellow onion
- 1 cup carrot, matchsticks
- 1 tbsp minced garlic
- 1 tbsp peeled and minced fresh ginger
- ¼ cup hoisin sauce, or more to taste
- 2 tbsps soy sauce, or more to taste
- 1 ½ tbsp rice vinegar
- 1 tsp sesame oil
- 1 8 oz can drained and chopped water chestnuts
- ½ cup chopped walnuts
- ¼ cup chopped green onions
- 2 tbsps chopped cilantro
- Sesame seeds, for garnish (optional)
- 1 head rinsed and dried lettuce, iceberg or butter lettuce, leaves separated

INSTRUCTIONS

1. Simmer lentils in unsalted water according to package directions until just tender (about 15 minutes). Drain and set aside.
2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add in bell pepper and onion and saute until softened, about 5 - 6 minutes.
3. Add in carrots, garlic and ginger and saute 1 minute longer.
4. Add drained lentils, hoisin sauce, soy sauce, rice vinegar, sesame oil and water chestnuts, cook while tossing, 1 minute (thin as needed with a few tablespoons of water. The lentils will absorb some of the sauce as the mixtures rest so thin with a little water as desired).
5. Toss in walnuts, sprinkle with green onions, cilantro and optional sesame seeds. Serve filling warm in lettuce leaves.



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