



## Healthy Recipe



### ASIAN LETTUCE WRAPS

½ head bok choy, cut into ribbons (or 2 baby bok choy)	1 tbsp	fresh cilantro, chopped
2 carrots, shredded	1 tbsp	Thai basil, chopped
2 red bell peppers, cut into strips	1 tbsp	soy sauce
2 mangoes, cut into strips	1 tbsp	rice wine vinegar
1 cup bean sprouts	2 tsp	sesame oil
½ cup green onions, sliced	16	lettuce leaves, such as bibb, butter or green leaf
2 garlic cloves, chopped		

1. Place bok choy, carrots, red pepper, mango, sprouts, green onions, garlic, basil and cilantro in a medium-sized bowl.
2. Pour sesame oil, vinegar, and soy sauce over vegetables. Toss to coat well.
3. Place 1/4 cup of veggies in bottom of lettuce leaf, roll up bottom, fold sides in, and roll tightly away from you. Do this for the remaining leaves.
4. Serve with peanut or chili sauce and enjoy!

## Nutritional Information

**Per serving - 4 roll-ups (16 roll-ups in recipe):**

Calories:	160	Vitamin A:	300%
Cal from Fat:	25	Vitamin C:	280%
Total Fat:	3 g	Calcium:	15%
Saturated Fat:	0 g	Iron:	15%
Cholesterol:	0 mg		
Sodium:	330 mg		
Carbohydrates:	31 g		
Fiber:	6 g		
Sugar:	23 g	Percent Daily Values are based on a	
Protein:	5 g	2000 calorie-per-day diet	

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BUY LOCAL.**

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the local economy,

**HELPS**

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

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