

Quick and Easy Lettuce Wraps

A top-down view of a wooden table. In the upper right, a blue bowl contains cooked, cubed chicken. In the upper left, a grey bowl is filled with shredded orange carrots. In the center, a white plate holds several lettuce wraps, each filled with chicken, carrots, and green onions. A small dark bowl and wooden chopsticks are visible in the lower left. The text "QUICK & EASY LETTUCE WRAPS" is overlaid in white, bold, sans-serif font across the middle of the image.

QUICK & EASY
LETTUCE WRAPS

LIVE WELL UTAH

Celebrate Family Mealtime Month and prepare one of these quick, healthy lettuce wrap ideas for your next family dinner.

As you are probably aware, lettuce wraps are trending right now in the food department. They are fun, easy, and most of all, delicious. Even kids have a fun time eating their veggies with wraps. There are many types of lettuce you can use to change things up a bit. Here are some ideas that may be just the ticket for your next quick, easy and nutritious dinner:

Chicken Club Wrap

Bacon bits, cooked shredded chicken (can use leftover grilled chicken too), chopped tomatoes, avocados and ranch dressing (I make my own with buttermilk and reduced fat mayo).

Quinoa Basil Wrap

Fresh basil leaves, grated Parmesan cheese, lemon juice, olive oil, 4 cloves garlic, minced, 1/4 teaspoon ground black pepper, 2 cups cooked quinoa, 1 15-ounce can no-salt-added red kidney beans, rinsed and drained.

Taco Wrap

You guessed it...use the lettuce as the shell...the rest is taco meat, cheese, sour cream, salsa, etc. Whatever your favorite taco fillings are, they are perfect in a lettuce wrap!

Tasty Tuna Wrap

Make tuna salad as you like it. I like to make the dressing with plain Greek yogurt, mustard and lemon pepper seasoning. Add shredded carrots, chopped celery, and diced green onion. Chopped apple or sliced grapes are also a nice addition. You can also use chicken or hard boiled eggs to change up your salad filling.

Cheeseburger Wrap

Brown ground beef, add chopped onion and seasoned salt to taste. Melt cheddar cheese on top, place in lettuce and top with tomatoes, pickles, ketchup and other cheeseburger favorites.

Hawaiian Pineapple Wrap

Place sliced ham, cheese, and pineapple chunks inside lettuce. Top with chopped celery and chopped green onions. Drizzle with your favorite teriyaki sauce.

Asian Shredded Pork

Place cooked shredded pork, chopped water chestnuts, chopped celery, chopped green onion, shredded carrots and teriyaki glaze in a lettuce leaf. Enjoy! We also like sesame seeds, coconut and drained, crushed pineapple on ours.

There are so many other ideas, from a Greek/Mediterranean twist, to a smoked salmon filling, to a Thai with peanut sauce filling. The sky's the limit! Wraps are fun to experiment with, and are a great way to stretch leftover meat. Whole cooked grains like cracked wheat, barley and brown rice also make a great addition. Or what about couscous? Have fun!

This article was written by Teresa Hunsaker, USU Extension family and consumer sciences educator, Weber County