

# **Quick and Easy Lettuce Wraps**

A top-down view of a wooden table. In the upper right, a blue bowl contains cubed, browned chicken. In the upper left, a grey bowl is filled with shredded orange carrots. In the center, a white plate holds three lettuce wraps, each filled with chicken, carrots, and green onions. To the left of the plate, a small dark bowl contains a dark liquid, and two wooden chopsticks lie on the table. A yellow cloth is partially visible under the plate.

# 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.*

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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!

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