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## Lettuce Wraps



Recipes Curated by the Nutrition Society  
Club at Johnson & Wales University.-

# Lettuce Wraps

PREP TIME: 25 MIN

COOK TIME: 20 MIN

SERVINGS: 10

## Ingredients

- 2 cans of chickpeas
- 2 heads of butter lettuce
- 12 oz of white quinoa
- 8 oz of Roma tomatoes, diced
- 1 Cucumber, diced
- 2 Lemons, juiced and zested
- 2 oz of mint, chopped
- 4 oz of dill, chopped
- 1 oz of Paprika, ground
- 3 oz of olive oil, blended or extra virgin
- Salt, Kosher (To Taste)
- ½ oz Black pepper, ground
- ½ oz garlic powder
- 2 cans Cannellini beans, rinsed
- *Optional:* Feta cheese

## Directions

Pick and wash butter lettuce leaves that you will be filling for cups. Set aside.

2. Rinse chickpeas and put on a sheet pan with light olive oil, paprika, garlic powder, salt, and pepper.
3. Cook for about 15 minutes at 350 degrees or until crispy.
4. While chickpeas are cooking, make quinoa directed by package (usually 1 cup quinoa to about 1.5 cups water).
5. While that is cooking, chop up your cucumber, tomatoes, and herbs.
6. Once chopped, zest 1-2 lemons. Set aside and juice 1 lemon until you get about 4 tablespoons.
7. Mix together vegetables, herbs, lemon juice, zest, and olive oil until combined.
8. Rinse cannellini beans and pat dry and once dry mix in with vegetable mixture.
9. Once combined, season with paprika, salt, pepper, and garlic powder.
10. At this point, chickpeas and quinoa should be done cooking and it is time to assemble.
11. Place down butter lettuce cups and stuff with quinoa, vegetable mixture, and top with crispy chickpeas.
12. Serve as desired and enjoy!