



Rainbow Lettuce Wraps with Spicy Mango Dressing

4 servings

15 minutes

Ingredients

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Cilantro

Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

Serving Size: One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

Additional Toppings: For extra crunch add sliced almonds or pumpkin seeds.

More Protein: Add cooked chicken, shrimp or tofu.