



Niagara County Office for the Aging
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Eat Well...Stay Well Dining Program
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*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Thai Lettuce Wraps

Ingredients

Boneless skinless chicken breast, marinated in Teriyaki Sauce
Red Cabbage (Leaves used to hold vegetables)
1 cup Shredded carrots
1 Cucumber, seeded and cut into strips
3 T. Peanuts
1 head Boston Lettuce (Leaves to use as wraps)
1 cup Bean sprouts if desired
¼ cup Fresh Cilantro- chopped
½ cup Scallions
2-3 T. Sesame Seeds
Marinated Cucumber
One cucumber, seeded
2 T. rice vinegar
2 T. oil, canola or other vegetable oil
1 T. sugar
Pinch of salt
¼ tsp. black pepper

Remove seeds (if desired) from cucumber. Cut in 1 inch strips. In bowl, mix remaining ingredients until sugar is dissolved. Toss together with cucumbers. Refrigerate until serving.

Coconut Curry Noodles

Thin spaghetti or Soba noodles – 6-8 ounces, cooked
1/3rd cup coconut milk
¼ tsp. curry

Cook noodles or spaghetti according to package directions. Place noodles in strainer or colander and run cool water over noodles. Drain water and place noodles in a bowl. Mix curry and coconut milk with noodles and marinate in refrigerator.

Peanut Sauce

1 clove chopped garlic

¼ cup sugar or Splenda
½ cup soy sauce
1 T. sesame oil
3 T. peanut butter, chunky or creamy)
½ tsp. red chili flakes

Add ingredients in saucepan or place in microwave briefly. Cook until peanut butter is melted and stir together. Set aside. Use this cold or warm as a dipping sauce.

Garnish with:

Chopped green onions or scallions

Chopped Cilantro

Chopped Sesame Seeds

Chopped Peanuts

Note: Set up veggies on the red cabbage leaves (used as a bowl to hold them). Have diners prepare their own wrap using a Boston lettuce leaf as illustrated in the demonstration.

Other Options:

For variety, you could sometimes use marinated shrimp, imitation crab or grilled marinated tofu as the protein source instead of chicken

Nutrition information per each wrap- (depends on the amount you put into the wrap, but on the average)

Calories: 75- 100

Sodium: 25- 50 mg. (in peanut sauce)

Protein: 5 grams

Carbohydrates: 7 grams

Fat: 2-3 grams

Excellent source of beta carotene, protein, fiber, antioxidants