

RECIPE

MARCH



VEGGIE LETTUCE WRAPS



Prep Time: 10 minutes

Cook Time: 25 minutes

Serves: 4 people

Steps

- Heat oil in a large skillet over medium heat. Add mushrooms and onions. Cook 2-3 minutes, add garlic and ginger and cook 1-2 minutes more.
- Add the steamed brown rice, soy sauce, and stir around to coat, cooking for 2 minutes. Add the shredded carrots, cook an additional minute.
- At the table, fill each lettuce leaf with rice and a big spoonful of veggie mixture. Wrap
- Enjoy!

Ingredients

- 8//2 tbsp vegetable oil
- 1/2 lb mushrooms chopped (3 cups)
- 1/2 cup of onion diced
- 1/2 cup shredded carrots
- 2 tsp minced fresh garlic
- 1 tsp grated fresh ginger
- 1 tbsp soy sauce
- 2 cups of steamed brown rice
- 1 head of romaine lettuce for serving