

Lettuce Cups



INGREDIENTS:

- 10-15 large lettuce leaves

Filling:

- 2 tbsp vegetable oil
- 1-2 cups red cabbage, chopped
- 2 carrots, grated
- 1 small onion, chopped
- 1 ½ tbsp soy sauce, or salt
- 1 tbsp honey, or sugar
- 1 tbsp mustard

Protein Options:

- 1 chicken breast, chopped small
- 8 ounces firm tofu, crumbled
- 3 eggs, well-beaten

INSTRUCTIONS:

- 1 Heat oil in frying pan over medium heat.
- 2 Add veggies and cook, stirring occasionally, for 10 minutes.
- 3 Lower heat to medium-low and add the chosen protein (if using).
- 4 In a bowl, stir together soy sauce, honey, and mustard for dressing.
- 5 Turn off heat and add dressing to the pan, stirring well.
- 6 Allow the mixture to cool to room temperature before serving.
- 7 Serve with prepared lettuce leaves and filling.

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.