

Zesty Lettuce Wrap

A refreshing and light main dish perfect for a quick and healthy meal.



Main Dish

15 min

Total time

Easy

Difficulty

200

kcal / serving

Ingredients

- 1 large lettuce leaf,
- 1/4 cup diced cucumber,
- 1/4 cup shredded carrots,
- 1/4 cup diced bell peppers,
- 1/4 cup cooked quinoa,
- 2 tbsp hummus,
- 1 tbsp lemon juice,
- Salt and pepper to taste

Steps

- 1 Wash the lettuce leaf and pat it dry.
- 2 In a bowl, mix together cucumber, carrots, bell peppers, quinoa, hummus, lemon juice, salt, and pepper.
- 3 Place the lettuce leaf flat on a plate.
- 4 Spoon the vegetable-quinoa mixture onto the lettuce leaf.
- 5 Wrap the lettuce around the filling like a burrito.
- 6 Serve and enjoy!