

Asian Lettuce Wraps

INGREDIENTS:

2 8 oz. packages tempeh, steamed and crumbled
3 oz. package shitake mushrooms, chopped
2 tablespoons canola or vegetable oil
2-3 cloves garlic, minced
2 teaspoons grated fresh ginger
1 can water chestnuts, chopped
4 green onions chopped
3 tablespoons reduced sodium soy sauce
1 tablespoon rice wine vinegar
2 tablespoons Hoisin sauce
1 ½ teaspoons brown sugar
2 teaspoons sesame oil
¼ cup filtered water
Pinch of chili flakes to taste
1 head of iceberg or butter lettuce
Chinese hot mustard
La Choy Chow Mein Noodles



DIRECTIONS:

Prepare a steamer basket in a medium saucepan with an inch of filtered water. Cut the tempeh into cubes, place them in the steamer basket and steam on medium high for 15 minutes covered. Remove the basket from the heat, allow the tempeh to cool then crumble it into small pieces.

Heat a large skillet or wok to medium high. Add a teaspoon of canola or vegetable oil and fry the chopped mushrooms until they begin to brown. Transfer the browned mushrooms to a bowl and set aside. Return the skillet to the heat, add an additional tablespoon of oil and brown the tempeh for 10-15 minutes turning frequently. Add the fresh ginger and garlic, continue cooking and stirring an additional two minutes.

In a medium liquid measuring cup combine the soy sauce, rice wine vinegar, Hoisin, brown sugar, sesame oil, water and optional chili flakes. Stir to combine then pour the sauce over the tempeh. Continue cooking on medium high, add the mushrooms, chopped water chestnuts, and sliced green onions. Continue heating and stirring for 1-2 minutes. Serve the hot filling in fresh lettuce leaves topped with crispy noodles, a side of soy sauce, and Chinese hot mustard to taste.

Recipe courtesy of Liz Gary, visit www.newoptionsfoodgroup.com for information on upcoming free local community cooking classes and special events.