

# Crispy Beef Lettuce Wraps With Wowie Sauce

Get your crunch on with these easy lettuce wraps make with Ground Beef, water chestnuts and shredded carrots. A sweet sauce is the finishing touch.



## INGREDIENTS

- 1 pound Ground Beef (95% lean)
- 1/3 cup sliced green onions
- 2 tablespoons reduced-sodium or regular soy sauce
- Black pepper
- 8 large lettuce leaves (such as Bibb, leaf or iceberg)
- 3/4 cup sliced water chestnuts
- 3/4 cup shredded carrots
- 1 can (8 ounces) crushed pineapple in juice, drained
- 1/3 cup orange marmalade
- 2 tablespoons reduced-sodium or regular soy sauce

30 Min                      4                      42 Cal                      28g  
   Servings                      Protein

## COOKING

1. Combine Wowie Sauce ingredients in small bowl. Set aside.
2. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, if necessary. Add green onions and soy sauce; season with pepper, as desired. Cook and stir for 1 minute.
3. Evenly spoon beef mixture onto each lettuce leaf. Top with equal amounts of water chestnuts and carrots. Spoon some Wowie Sauce over top. Wrap lettuce around filling. Serve with remaining Wowie Sauce.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		6g	76mg		34g	28g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com