

Lemony Quinoa Lettuce Wraps

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions then transfer to a mixing bowl to cool slightly.
2. In a small mixing bowl combine the lemon juice, garlic and salt.
3. Add the parsley, avocado, cucumber and sunflower seeds to the cooked quinoa. Stir to combine. Add the lemon juice mixture and stir. Season the quinoa salad with additional salt or lemon juice if needed.
4. To serve, divide the quinoa salad between lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Keep the quinoa and lettuce leaves separate.

Serving Size

One serving is approximately three lettuce wraps.

Additional Toppings

Chopped green onion, diced tomatoes, or more herbs.

More Flavor

Add extra virgin olive oil or avocado oil to taste.

More Protein

Add flaked tuna or salmon, cooked chopped chicken or chickpeas.

No Romaine

Use another lettuce instead.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 Lemon (juiced)
- 1 Garlic (clove, small, minced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)
- 1 Avocado (diced)
- 1/4 Cucumber (finely chopped)
- 2 tbsps Sunflower Seeds
- 1/2 head Romaine Hearts (leaves separated)

Nutrition

Amount per serving

Calories	384	Vitamin A	2085IU
Fat	22g	Vitamin C	41mg
Carbs	42g	Calcium	71mg
Fiber	12g	Iron	4mg
Sugar	2g	Vitamin D	0IU
Protein	11g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	138mg
Sodium	610mg	Zinc	3mg
Potassium	982mg	Selenium	11µg