As the weather heats up, perfect-for-summer lettuce wraps start to work their way onto my menus. You can fold the lettuce around the fillings and eat with your hands, or dig in with a knife and fork. Softer, foldable lettuces like butter or leaf work best.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

### That’s a Wrap!

**Chicken Shawarma Lettuce Wraps**

- 1 Tbs. tahini
- 1 small clove garlic, finely minced
- 1 Tbs. lemon juice
- ½ cup non-fat plain yogurt
- ½ lb. boneless, skinless chicken breast
- ½ tsp. cumin
- 1 tsp. coriander
- ¼ tsp. kosher salt

Freshly ground black pepper
- 2 Tbs. extra-virgin olive oil
- 1 cup chopped cherry tomatoes
- 1 cup sliced seedless cucumber
- ¼ cup diced red onion butter or leaf lettuce leaves

You can add or substitute almost any sliced or shredded vegetables or herbs. Try carrots, radishes, parsley, cilantro, and mint.

In a small bowl, mix the tahini, garlic, lemon juice, and yogurt. • Put the chicken in a zip-lock bag and pound to an even ¼-inch thickness. • Mix the cumin, coriander, salt, and pepper in a small bowl and sprinkle over the chicken. • Heat the oil in a medium, non-stick pan over medium heat. Sauté the chicken until cooked through, 2-3 minutes per side. Remove to a cutting board, allow to cool for 5 minutes, then slice into strips. • Put a few slices of chicken on a lettuce leaf and top with some tomato, cucumber, red onion, and a spoonful of the yogurt sauce.

Per Serving: calories: 310 | sodium: 440 mg | total fat: 15 g sat fat: 2.5 g | carbs: 14 g | protein: 31 g | fiber: 3 g

**Fish Lettuce Tacos**

- ¾ lb. tilapia
- ¾ + ¼ tsp. kosher salt
- 1 Tbs. canola oil
- 1 avocado, finely chopped
- 4 sprigs cilantro, minced
- 1 cup cherry tomatoes, chopped
- ½ jalapeño, seeded and minced
- 2 Tbs. lime juice
- 2 cups shredded red cabbage butter or leaf lettuce leaves

For a bit of crunch, break up a few tortilla chips and sprinkle them over the tacos. Prefer mild? Leave out the jalapeño.

Season the tilapia with ¼ tsp. of salt. • Heat the oil in a large, non-stick pan over medium heat. Sauté the fish until lightly browned, about 2 minutes per side, then remove the fish from the pan. • In a bowl, combine the avocado, cilantro, tomatoes, and jalapeño with the lime juice and up to ¼ tsp. of salt. • Put some red cabbage on a lettuce leaf and top with a piece or two of fish and a dollop of the avocado mixture.

Per Serving: calories: 440 | sodium: 490 mg | total fat: 25 g sat fat: 3.5 g | carbs: 21 g | protein: 31 g | fiber: 10 g

**Tofu Lettuce Cups**

- 14 oz. extra-firm tofu, drained
- 1 Tbs. canola oil
- 2 scallions, sliced
- 1 cup edamame
- 1 Tbs. reduced-sodium soy sauce
- 1 Tbs. balsamic vinegar
- 2 Tbs. hoisin sauce
- ¼ cup basil leaves
- ¼ cup cilantro leaves
- 1 cup shredded carrot or radish
- ¼ cup unsalted roasted peanuts, chopped

Not in the mood for tofu? Try ¾ lb. chopped shrimp or chicken.

Cut the tofu into ¼-inch cubes and blot with a paper towel. Heat the oil in a large, non-stick pan over medium heat. Sauté the tofu until golden brown on at least two sides, 2 minutes per side. • Toss in the scallions and edamame and sauté for another minute. Remove from the pan and set aside. • Whisk the soy sauce, vinegar, and hoisin sauce into the pan. Simmer until the sauce is sticky, about 1 minute. • Put some herbs and a bit of tofu mixture on a lettuce leaf and top with some carrot, peanuts, and a drizzle of sauce.

Per Serving: calories: 480 | sodium: 580 mg | total fat: 30 g sat fat: 4 g | carbs: 26 g | protein: 34 g | fiber: 8 g