

U The Lexingtonienne U

ASIAN-STYLE LETTUCE WRAPS

- 1 T canola oil
- 1 bunch green onions, chopped (white and green parts)
- 1 C shredded carrots, chopped
- 1 (5 oz) can sliced water chestnuts, drained, rinsed, and lightly chopped
- 2 cloves garlic, finely chopped
- 1 package ground chicken, turkey, or pork
- 1 tsp ginger paste OR about 1/2 inch fresh ginger, peeled and finely chopped
- 1-2 tsp chili paste (optional - it's pretty spicy!)
- 1/2 C store-bought stir fry sauce
- A few dashes of low-sodium soy sauce
- 1 head iceberg lettuce, cored and cut into quarters

Heat a heavy saute pan over medium-high heat. Add canola oil, then onions. Cook for about 2 minutes, until beginning to soften. Add carrots, cook for another 2 minutes, then add water chestnuts and cook for another 2 minutes, stirring as you go. Add garlic, then stir in ground meat. When the meat is thoroughly browned, stir in ginger, chili paste, stir fry sauce, and soy sauce. Allow the liquid in the pan to come to a boil, and continue cooking until the liquid thickens a bit (most of it will cook off). Serve alongside lettuce quarters, allowing guests to spoon the meat mixture onto 1-2 pieces of lettuce. (Do I really need to explain it that much? You've been to P.F. Chang's, haven't you?)

