

# Rainbow Lettuce Wraps with Spicy Mango Dressing

4 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tps Sesame Seeds
- 1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

|          |     |         |     |
|----------|-----|---------|-----|
| Calories | 251 | Carbs   | 28g |
| Fat      | 16g | Protein | 4g  |

## DIRECTIONS

- 01 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 02 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 03 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!