



Cal-Asian Lettuce Wrap Burger

4 Servings • 1 Serving = 1 Lettuce Wrap Burger

Recipe from *The Love Diet* by Connie Guttersen, RD, PhD

INGREDIENTS

- 1 pound extra lean ground beef
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 1 teaspoon hoisin sauce
- 1 teaspoon less sodium soy sauce
- 2 Tablespoons extra virgin olive oil, divided
- 8 ounces shiitake mushrooms, stems removed, caps sliced
- ½ teaspoon toasted sesame oil
- 4 large butter leaves
- 1 large avocado, seeded, peeled, and sliced
- ½ cup carrots, shredded
- 2 green onions, white or light green part only, thinly sliced
- Optional: sriracha, to taste

DIRECTIONS

1. Combine the beef, garlic, ginger, hoisin sauce, and soy sauce in a bowl and mix well. Form into burger patties about ½" thick. Set aside.
2. Heat half of the olive oil in a large non-stick skillet over medium-high heat. Add mushrooms and sauté until golden, about 4-5 minutes. Remove from heat and transfer to a small bowl. Toss with the toasted sesame oil.
3. Heat the remaining olive oil in the pan over medium high heat. Add the burger patties and cook for 3 minutes, then flip and cook for an additional 3-4 minutes for medium-rare. Remove the patties from the pan.
4. Place each burger patty on a lettuce leaf. Top with avocado slices, carrots, and green onions. Serve with sriracha.

Nutrition Facts

4 servings per container	
Serving size	1 Lettuce Wrap Burger
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 150mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 3mg	15%
Potassium 452mg	10%

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

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