



Chinese Lettuce Cups

- 1 Tbsp vegetable oil
- 3 garlic cloves, minced
- 1 (8-ounce) can whole water chestnuts, drained and minced
- 3 cups cremini (baby portabella) mushrooms, minced
- 3 cups shredded napa (Chinese) cabbage
- 1/8 tsp crushed red pepper
- 1 cup minced green onions
- 2 Tbsp low-sodium soy sauce
- 1/4 cup fresh cilantro, chopped
- 24 large lettuce leaves



1. Heat the oil in a large nonstick skillet over medium heat.
2. Add garlic and cook for 2 minutes. Add mushrooms and cook for 8 minutes, stirring occasionally. Add cabbage, crushed red pepper, and water chestnuts. Cook for 5 minutes or until cabbage wilts.
3. Remove from heat and stir in onions and soy sauce. Cool completely.
4. Stir in cilantro. Spoon about 1/4 cup of the mixture into each lettuce leaf with a slotted spoon.
5. Serve and enjoy!

Makes: 8 servings

Nutrition Information:

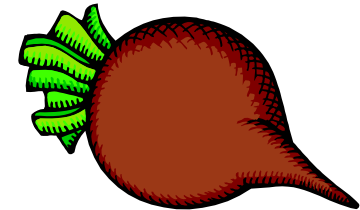
CALORIES 60 (40% from fat); FAT 2g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 9g; FIBER 2g; PROTEIN 2g; CALCIUM 6%; IRON 10%



Teriyaki Beets

- 12 small beets
- 1 Tbsp unsalted butter
- 2 Tbsp honey
- 1 Tbsp minced fresh ginger
- 1 Tbsp low-sodium soy sauce

1. Preheat the broiler.
2. Peel beets and place in large saucepan. Cover with water, and boil beets until almost tender, about 10-12 minutes. Rinse in cold water and cut into halves.
3. Combine butter, honey, ginger, and soy sauce in a small saucepan and heat until butter and honey are melted. Brush some sauce over beets and place on heated broiler pan.
4. Broil 5-10 minutes until tender, basting frequently.
5. Transfer to serving dish and pour over remaining sauce.



Makes: 6 servings

Nutrition Information:

CALORIES 110 (18% from fat); FAT 2g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 220mg; CARBOHYDRATE 2g; FIBER 5g; PROTEIN 3g; CALCIUM 2%; IRON 8%