

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

RAINBOW LETTUCE WRAP

If you believe that a low calorie, low carb, healthy, gluten-free, and low-fat dish *can't* be absolutely delicious, our Rainbow Lettuce Wraps with Mango Slaw will prove you wrong. These lettuce wraps work also well for on the go lunches. You can pack all of the elements separately and then assembly the yummy wraps at work or wherever you eat your lunches.



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 (or butter lettuce, large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Cilantro

Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor or blender and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the butter lettuce or romaine leaves and garnish with avocado, sesame seeds, cilantro, and spicy mango dressing. Add a bit of fresh mango (optional). Serve immediately and enjoy!

Notes

Leftovers: Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

Time Saver: Sub a store-bought shredded cabbage (Trader Joe's has a nice slaw mix).

Serving Size: One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

Additional Toppings: For extra crunch add extra carrots, zucchini, sliced almonds, or pumpkin seeds.

More Protein: Add cooked chicken, shrimp, or tofu. Obsessed with Mangos? See our recipe for Mango Chicken.

Keep it vegan friendly: Add some pulled jackfruit to make it even more delicious and colorful.

On-the-go: Pack all of the elements separately and then assemble the yummy wraps at work or wherever you eat your lunches.