Quinoa Lettuce Wraps

INGREDIENTS:

1 cup Quinoa
1 cup Water or Low Sodium Vegetable Stock
1/2 Carrot, Shredded
1/2 cup Cabbage, Shredded
1/2 lb. Tofu, cubed
1/2 cup Black Beans, rinsed and drained
1 tsp Ginger, minced
1/2 cup Low Sodium Teriyaki Sauce
1 small Onion, cut into strips
1 small Red Pepper, cut into strips
1 clove Garlic, Minced
2 tsp Pepper Flakes
1 T Cilantro
2 T Oil
Kale Leaves or Romaine Lettuce Leaves as needed

METHOD OF PREPARATION:

1. Place quinoa in a microwave-safe bowl and rinse under cold water 2-3 times. Add vegetable stock or water to the rinsed quinoa and cover with plastic wrap. Cook in the microwave for 3 minutes until the liquid is absorbed. Remove from the microwave and fluff with a fork.

2. Take the cut vegetables, tofu, and the beans and mix with the quinoa. In a bowl, whisk together the cilantro, ginger, garlic, pepper flakes, oil, and teriyaki sauce. Pour over the quinoa and vegetable mixture to coat. Allow to sit for 10-15 minutes.

3. Take the kale or romaine lettuce leaves and place the quinoa mixture inside and roll up.

4. Use the extra teriyaki sauce for dipping.