

Light & Crisp Curry Lettuce Wraps

Ingredients

1

LeafSide Madras Curry savory bowl

1

head butter or romaine lettuce

1/4-1/2 head

sliced red cabbage

1 can (15 oz)

chickpeas (*garbanzo beans*) (recommend unsalted)

3

limes

1 cup

plant based yogurt (recommend plain unsweetened)

optional

curry powder

Lighten your workload with these quick-to-prepare plant-powered pockets! This colorful meal is the perfect balance of mildly spicy, inflammation-reducing curry paired with sweet, flaky coconut that promotes healthy bones. Add crisp lettuce, crunchy cabbage, creamy chickpeas, and top with zesty lime for a fresh, uplifting, and revitalizing meal!

Makes 12 Wraps

PREP TIME: 30 minutes • COOK TIME: 0 minutes

1. Prepare LeafSide's Madras Curry savory bowl as directed. Arrange lettuce leaves in double layers for each wrap.
2. Thinly slice red cabbage or use pre-sliced packaged cabbage. Open & drain can of chickpeas.
3. Fill lettuce cups with Madras Curry meal; add chickpeas on top, along with red cabbage.
4. Squeeze lime juice on top & add dollop of plant based yogurt. Sprinkle with additional curry powder if desired (optional).

Other suggested additions: red onions (cooked or raw), cashews, fresh ginger, chopped kale, cilantro, cauliflower florets (cooked or raw), shredded carrots



Unique Whole Plant Foods



Strain water from chickpeas, or aquafaba, into a container to refrigerate and use in the future for sautéing or roasting vegetables in place of oil.

Sulforaphane the Superhero

Cruciferous vegetables like broccoli, cauliflower, collards, or the kale and cabbage in this meal, are unique in that they offer the powerful nutrient called sulforaphane (we'd prefix it with Super and capitalize Sulforaphane, but that's just us). Its studied superpowers include blocking cancer cell growth and spread, repairing DNA damage, helping your liver do its detox dance, protecting your eyes and brain, reducing inflammation generally, and even helping to relieve autism symptoms. The one caveat is that heat and cooking deactivate sulforaphane, so if you don't like your veggies raw, you'll need just a bit of mustard and its magical myrosinase enzyme, to reactivate sulforaphane fully. Thanks to Dr. Greger for that tip, and for giving these veggies their own place in his Daily Dozen! ¹⁷



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