

Shrimp Lettuce Wraps

(8 appetizer servings at 1 wrap each)

Food types per serving: 1 Protein (including ½ Nut/Seed serving), 1 Oil

1 Tbsp. coconut oil

1 Lb. medium shrimp; cleaned, deveined and each cut into 2 or 3 pieces

½ Cup finely chopped celery

¼ Cup water chestnuts, chopped

1 Large garlic clove, minced

2 Tsp. finely chopped fresh ginger

1 Tbsp. tamari soy sauce

1 Tbsp. unseasoned rice wine vinegar

8 Large leaves of Boston or Bibb lettuce

¼ Cup chopped peanuts (optional)

Heat oil in wok over medium-high heat. Add shrimp and stir-fry for 2-3 minutes or until shrimp begin to turn pink. Transfer to a bowl and keep warm. Add celery, water chestnuts, garlic, and ginger to wok and stir-fry until veggies are tender but still crisp, about 4-5 minutes. Return shrimp to wok and add soy sauce and vinegar. Cook 1-2 minutes more, stirring, until thoroughly heated. Divide mixture evenly on lettuce leaves and top with 1 Tbsp. nuts.