

Pork and Tofu Lettuce Cups

Makes: 6 Servings

“When my little brother Galen was a baby, he was allergic to a lot of foods. He couldn't eat wheat, dairy, or eggs. That meant no pizza or macaroni and cheese. My mom spent a lot of time trying to find nutritious foods that he could eat,” says Rose. “She used to serve a pork and tofu dish over rice. I was inspired by that dish when I made this recipe. It can be served with brown rice, but I like to eat it with lots of veggies and sliced oranges on the side. You can also make this with ground beef or turkey.”

Ingredients

3 tablespoons reduced-sodium soy sauce
1 tablespoon sesame oil
1 tablespoon cornstarch
2 teaspoons white or rice vinegar
2 teaspoons grated ginger
2 teaspoons sugar
2 cloves garlic (minced)
2 teaspoons olive oil
16 ounces lean ground pork
1 block firm tofu (drained well and cut into 1/2-inch cubes)
2 heads romaine lettuce (cleaned and separated into leaves)
 Toppings: 1 bag broccoli slaw (undressed), plus bean sprouts, fresh cilantro, fresh mint, and lime slices

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	7 g	11%
Protein	22 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	283 mg	12%

MyPlate Food Groups

Protein Foods	3 ounces
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1. Make the sauce: In a small bowl, whisk together the soy sauce, sesame oil, cornstarch, vinegar, ginger, sugar, and garlic.
2. In a medium sauté pan over moderately high heat, warm the olive oil. Add the ground pork and cook, stirring to break up the meat, until brown, 5 to 7 minutes.
3. Drain any excess oil from the pan then add the sauce to the pan and cook, stirring frequently, until thickened, about 3 minutes.
4. Add the tofu and cook until heated through, about 2 minutes.
5. To serve, scoop several heaping tablespoons of the pork and tofu mixture into each romaine lettuce “cup” then top with broccoli slaw, bean sprouts, cilantro, mint, and lime slices.

Notes

State: California

Child's Name: Rose Scott, 12

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook