

Mexican-Style Lettuce Wrap

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/cheese-caek-factory-recipe-lettuce-wrap-mexican-tacos>

Ingredients:

- 1 head iceberg lettuce
- 1/2 pound extra firm tofu
- 1 sweet onion
- 1 squash
- 1/2 green bell pepper
- 1/2 red bell pepper
- 7 button mushrooms
- 1 cup corn kernels
- 1 cup black beans
- 2 cups baby spinach
- 1 tablespoon taco seasoning
- 2 tablespoons salsa
- 1 tablespoon oil
- cooking spray
- salt to taste

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 23 grams
7. SaturatedFat: 1 grams
8. Sodium: 960 milligrams
9. Sugar: 10 grams

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