



Presents



Strawberry and Bacon Lettuce Wrap

Presented on May 31, 2014 by Thomas Stratton

Ingredients:

1/2 lb diced bacon
2 cups diced strawberries
1 cup slivered rhubarb
1 onion
1 bunch of kale chopped
1 tablespoon butter
2 teaspoons oil (vegetable or olive)
Half head of lettuce (full leaves, washed and dried)
Salt and Pepper

Directions:

Quarter and slice onion. Heat pan on medium high with butter and oil. Toss the onion into pan. Stir occasionally until the onion is softened. Add the diced bacon into pan and incorporate. When the bacon is almost done add the chopped kale leaves. Stir into mixture. Salt and pepper to taste. When kale has reduced fully, remove from pan leaving excess liquid. Allow to cool down some. Meanwhile, sliver rhubarb into 2 to 3 inch strips. Rinse and set aside. Dice strawberries. Rinse and set aside. Take lettuce leaves and lay flat. Add a small pile of onion and bacon mixture to center of leaf. Lay desired amount of rhubarb slices onto the top, and add a spoonful of strawberries. Fold lettuce leaf closed like you would a burrito with the bottom closed. Serve and enjoy!
Serves 2 to 3 wraps for 4-6 people.

Nutritional Content Per Serving:

Calories-107cal, Carbs - 0g, Fat - 16g, Protein - 5g, Sodium - 207mg, Sugar - 4g