

May Deployment Dinner

For May, join us in cooking an easy, family friendly dish. The dish is gluten, dairy, soy and egg free and can be adapted for Vegan preferences. We encourage you to cook along with us during the session. To do so you will want to have the following ingredients prepped and cooking supplies on hand. The following quantities will make 6 servings.

Lettuce Wraps ingredients:

- 2 cups frozen ground meat crumbles or veggie ground crumbles or 1 block extra firm tofu, lightly pressed
- 1/2 tablespoon oil
- 2 tablespoons fresh ginger, peeled and grated, (I use box grater)
- 1/3-1/2 cup green onions, chopped (approximately 3 green onions)
- 1 (227 grams) (8 oz) can water chestnuts, drained, sliced and chopped
- 1 (227 grams) (8 oz) can bamboo shoots, drained and chopped
- lettuce of your choice, romaine, iceberg or butter lettuce
- 3 tablespoons hoisin sauce
- 3 teaspoons sesame oil
- 3 tablespoons rice wine vinegar, unseasoned
- 1 tablespoon of soy sauce
- 1 carrot, grated
- 1/4 cup fresh mint, chopped
- 3 tablespoons Plum sauce
- 1 tablespoon Hoisin sauce
- 2 teaspoons soy sauce

Supplies:

- 1 large frying pan or skillet
- measuring spoons
- can opener
- mixing spoon
- grater
- knife
- cutting board

