

Lamb Lettuce Wraps

Ingredients

1 head Boston or leaf lettuce (organic)
½ lb. Ground lamb
½ c. grated zucchini
1 c. cooked brown rice
½ c. grated yellow or butternut squash
2 T. canola oil
1 t. salt

Preparation

Heat canola oil and brown lamb. Add grated zucchini and squash and salt cook 4-5 minutes. Add rice and continue to cook until rice is hot through. Cut lettuce leaves down the center vein. On narrow end place 1 T. of the mixture and roll into a cylinder shape. Serve hot or cold.