



# 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

### Nutrition Information

| Nutrients   | Amount      |
|---|-------------|
| <b>Calories</b>   | <b>180</b>  |
| Total Fat   | 7 g         |
| Saturated Fat   | 2 g         |
| Cholesterol   | 44 mg       |
| Sodium  | 283 mg      |
| Total Carbohydrate  | 5 g         |
| Dietary Fiber   | 1 g         |
| Total Sugars  | 2 g         |
| Added Sugars included   | 5           |
| <b>Protein</b>  | <b>22 g</b> |
| Vitamin D   | 0 mg        |
| Calcium   | 141 mg      |
| Iron  | 3 mg        |
| Potassium   | 336 mg      |
| N/A - data is not available   |             |
| <b>MyPlate Food Groups</b>  |             |
|  Protein Foods | 3 ounces    |

### MyPlate Food Groups

**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

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

**Source:** The Epicurious 2013 Healthy Lunchtime Challenge Cookbook