



B.C. butter lettuce leaves make for a tasty substitute for tortillas. You can wrap just about anything in a lettuce leaf. Butter lettuce wraps are perfect for a summer patio meal.

## Recipe

### Taco Butter Lettuce Wraps

Yield: 4 servings

Cook time: 25 minutes

### Ingredients:

1 head	BC Butter Lettuce, washed, separated and dried
454 g (1 lb)	Ground lean beef, turkey or chicken, cooked with your favourite taco seasoning
250 ml (1 cup)	Black Beans, cooked or canned (if canned, rinse with cold water)
250 ml (1 cup)	Corn Kernels
250 ml (1 cup)	Cheddar Cheese, grated
16	BC Grape Tomatoes, cut in half
1 bunch	Cilantro, washed and coarsely chopped
250 ml (1 cup)	Sour Cream

### Preparation:

1. Use the lettuce leaf like a tortilla. Spoon a small amount of your favourite fillings onto the leaf.
2. Wrap it up like a burrito, or serve it open-faced like a sandwich. Enjoy.