

## **Sausage Pineapple Lettuce Wraps**

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**Start to Finish Time: 30 minutes**

*A delicious mix of sweet, spicy, tangy and crunchy.*

**1 can (8 oz) crushed pineapple**  
**1/4 cup soy sauce**  
**1 tablespoon rice vinegar**  
**1 teaspoon cornstarch**  
**1 clove garlic, minced**  
**1/2 teaspoon ground ginger**  
**1/2 teaspoon pepper**  
**1 pound bulk spicy pork sausage**  
**1 can (8 oz) sliced water chestnuts, drained and finely chopped**  
**30 Bibb or Boston lettuce leaves**  
**30 (about 2 cups) pineapple chunks**  
**1 tablespoon sesame seeds, toasted**  
**teriyaki sauce (optional)**

Drain the crushed pineapple, reserving three tablespoons of juice.

In a small bowl, combine the soy sauce, vinegar, cornstarch, garlic, ginger, pepper and reserved pineapple juice. Set aside.

In a large skillet over medium heat, cook the sausage until no longer pink. Drain.

Stir in the water chestnuts and crushed pineapple. Gradually stir in the soy sauce mixture. Bring to a boil. Cook and stir for 2 minutes or until thickened.

Place about two tablespoons of the sausage mixture on each lettuce leaf. Fold the lettuce over the filling.

Top with a pineapple chunk, secure with a toothpick.

Sprinkle with sesame seeds and serve with teriyake sauce, if desired.

Yield: 2 1/2 dozen wraps

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Per Serving (excluding unknown items): 262 Calories; 5g Fat (15.3% calories from fat); 7g Protein; 53g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4120mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.