



# Vegetarian Lettuce Wraps

**Prep Time** 10 minutes    **Cook Time** 20 minutes    **Total Time** 50 minutes

**Servings** [12](#) Lettuce Wraps    **Calories** 85 kcal

By [VeganHeaven.Org](#)

## Ingredients

- 1 cup uncooked quinoa
- 1 can black beans
- 1 can corn
- juice of one lime
- 1 teaspoon cumin
- 1 teaspoon paprika powder
- 1/2 cup fresh parsley, chopped
- 2 green onions, cut into rings
- 3/4 cup white bean spread or hummus (hummus with roasted red pepper works well)
- red pepper flakes
- black pepper
- salt
- sriracha sauce (optional)

## Instructions

1. Cook the quinoa according to the instructions on the package.
2. Rinse and drain the black beans and the corn. In a medium-sized bowl, combine the black beans and the corn with the quinoa, lemon juice, paprika powder, cumin, and chopped parsley. Season with salt, pepper, and red pepper flakes.
3. Equally fill the quinoa mixture into the lettuce leaves and top them with some hummus, green onions, and if you want some sriracha. Enjoy!