



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

PORK LETTUCE WRAP

Ingredients

1 Tbsp. oyster sauce	8 lettuce leaves
1 Tbsp. reduced sodium soy sauce	$\frac{1}{2}$ small red sweet pepper, cut in thin strips
1 tsp. hot-style chili paste	1 medium carrot, coarsely shredded (about $\frac{1}{2}$ cup)
8 oz. cooked pork loin, chopped	Sesame seed, toasted (optional)
1 tsp. grated fresh ginger	
4 green onions, thinly sliced ($\frac{1}{2}$ cup)	
4-oz. can water chestnuts, drained and finely chopped ($\frac{1}{2}$ cup)	

Directions

Combine oyster sauce, soy sauce, and chili paste in a small bowl; set aside. Heat a large nonstick skillet over medium-high heat just until hot. Add pork, ginger, green onion, and water chestnuts; stir in oyster sauce mixture. Cook and stir for 1 to 2 minutes or until heated through. Remove from heat.

To serve, spoon a scant $\frac{1}{4}$ cup of the pork mixture onto each lettuce leaf. Add some of the red pepper strips and shredded carrot to mixture on each leaf. Sprinkle with sesame seed, if desired. Roll up lettuce leaf. Makes

Yield: 4 serving

Executive Chef Dan Philips, Market Place, University of Indianapolis, 1400 E Hanna Ave.
Indianapolis 317-788-3229

Nutrition Information: 130 Calories, 3 gm fat, 1 gm saturated fat, 0 gm trans fat, 40 mg cholesterol, 10 gm carbohydrate, 3 gm fiber, 16 gm protein, 320 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**