



Spicy Walleye Lettuce Wraps



Makes 4 servings

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 1 teaspoon fresh minced garlic
- freshly ground black pepper, to taste
- 4 5-ounce walleye fillets
- 2 tablespoons no-salt Creole seasoning
- 2 cups chopped fresh spinach
- 1 cup low-sodium chicken stock
- 3 tablespoons balsamic vinegar
- 1 cup corn
- 3 Roma tomatoes, chopped
- 16 leaves butter lettuce

Directions

1. Preheat oven to 375 F.
2. In a medium saucepan, heat 2 tablespoons oil, onion, garlic and pepper over medium heat. Stir and continue cooking until onions are browned.
3. Meanwhile, brush both sides of fillets with remaining oil and sprinkle with Creole seasoning. Place on a baking sheet and bake for 20 minutes or until a cooking thermometer inserted into the center of a fillet reaches 145 F.
4. While fillets are baking, add spinach to the saucepan and cook for 2 to 3 minutes or until spinach has wilted. Add stock, balsamic vinegar, corn and tomatoes. Stir and allow to simmer for 10 to 15 minutes.

(directions continued on back)



MAIN DISH



Directions (continued)

5. Remove fillets from oven and cut each into 4 pieces.
6. Place 4 lettuce leaves on each plate, and fill each leaf with 1 of the fillet pieces and 1/4 cup of the onion-spinach mixture. Roll into wraps and enjoy!

TIP

You can also add sliced jalapeños or pepperoncini's for a heart smart dish with heat!*

*Option not included in nutrition facts.

♥ = heart smart

GF = gluten free

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Nutrition Facts

Serving Size 4 Lettuce Wraps
Servings Per Container 4

Amount Per Serving

Calories 480 **Calories from Fat 120**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 170mg **7%**

Total Carbohydrate 50g **17%**

Dietary Fiber 9g **36%**

Sugars 12g

Protein 41g

Vitamin A 470% • **Vitamin C 60%**

Calcium 45% • **Iron 60%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	50g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: fish

Carb choices per serving: 3