



Makes 14 lettuce cups
Preparation Time: 25 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 tablespoons pomegranate molasses or lemon juice

2 teaspoons za'atar spice blend

½ teaspoon ground cumin

½ teaspoon ground turmeric

2 lb. fresh sweet potatoes, cut into fourteen 1-inch-thick planks

Sea salt, to taste

Freshly ground black pepper, to taste

1 cup fresh pomegranate arils

¼ cup chopped dried apricots

¼ cup chopped dates

½ teaspoon orange zest

3 tablespoons fresh orange juice

¼ teaspoon cayenne pepper

14 butterhead lettuce leaves

¼ cup sliced scallions or chives

Za'atar-Spiced Sweet Potato Lettuce Cups

Take one bite of these vibrant **sweet potato** wraps and you'll immediately fall in love. Hearty slices of sweet potato are brushed in a Middle Eastern-inspired marinade that combines pomegranate molasses, za'atar seasoning, cumin, and turmeric to create a savory-sweet explosion of mouthwatering flavors. While the potatoes bake to tender perfection in the oven, you'll whisk together a tangy topping of dried fruits, juicy pomegranate seeds, zesty citrus, and spicy cayenne to complement the tasty tubers. Pile everything into a crisp lettuce leaf and top with sliced scallions for a nourishing dish that will leave you licking your fingers. If you want to **meal prep** a large batch, simply store each component of the recipe in separate airtight containers in the fridge, and assemble the wraps when you're ready to eat.

For more healthy lettuce wrap recipes, check out these tasty ideas:

- [Curry Chickpea Lettuce Wraps](#)
- [Cauliflower Pasta Salad Lettuce Wraps](#)
- [Lentil Burger Lettuce Wraps](#)
- [Stir-Fry Wraps with Peanut Dipping Sauce](#)

By Nancy Macklin, RDN

- 1** Preheat oven to 400°F. Line two rimmed baking sheets with parchment paper or silicone baking mats. In a small bowl stir together the first four ingredients (through turmeric) and 2 tablespoon water. Arrange sweet potatoes in a single layer on baking sheets. Brush both sides with molasses mixture. Season with salt and black pepper. Bake 20 to 30 minutes or until tender, turning planks over halfway through baking. Brush with the remaining molasses mixture.
- 2** Meanwhile, in a small bowl stir together the next six ingredients (through cayenne pepper).
- 3** Place sweet potatoes on lettuce leaves. Top with fruit mixture and sprinkle with scallions.