

Lettuce Wraps with Dipping Sauce

Serves 6

Filling:

- 1 red beet, trimmed and thinly sliced crosswise
- 1 medium carrot, peeled and julienned
- 1 cucumber, julienned
- 1 red bell pepper, stem and seeds removed, julienned
- 3/4 cup coarsely grated daikon or any radish
- 3 medium carrots, peeled and coarsely chopped
- 1 small shallot, quartered

Dipping sauce:

- 2 tablespoons coarsely grated peeled fresh ginger
- 1/4 cup rice-wine vinegar (not seasoned)
- 2 tablespoons low-sodium soy sauce
- 1/4 teaspoon toasted sesame oil
- Pinch each of coarse salt and freshly ground pepper
- 1/4 cup vegetable oil
- 1/4 cup water

6 large butter lettuce leaves, or other leaves that are tender and easy to roll, such as romaine hearts.

Prepare the filling ingredients. With a fork or whisk, mix the dipping sauce ingredients together, except for the oil. Slowly add the oil while whisking to emulsify the sauce. Place one-sixth of the sprouts, beet slices, carrot, cucumber, bell pepper, and radish on the lettuce leaf, towards the bottom. Fold ends in and roll tightly to enclose filling. Repeat with remaining ingredients to make 5 more rolls.

Berry Salad

4-5 servings

3-4 cups of assorted berries

1 1/2 teaspoons white wine vinegar or raspberry flavored vinegar

2 tablespoons honey

1-2 tablespoons fresh mint

In a large bowl, whisk the honey, mint and vinegar together, add berries and gently toss together.

Summertime Salad

4-5 servings

3-4 cups of torn arugula or mixed greens

½ cup fresh basil, torn into small pieces

1 cup assorted cherry tomatoes, sliced in half

2-3 tablespoons feta or shaved parmesan cheese

Optional: fresh corn cut from the cob.

2 tablespoons olive oil

2 teaspoons lemon juice, white wine vinegar, or Asian flavored vinegar

Salt and pepper

In a large bowl, tear arugula or mixed greens and basil. Toss in tomatoes, and fresh corn if using.

In a small bowl, whisk together the oil, vinegar or lemon juice, salt and pepper. Pour dressing over the greens and tomatoes. Toss gently. Crumble feta cheese over the greens or if using parmesan, shave thin slices.