

## Thai Lettuce Wraps



Makes 4 servings  
Total time: 15-20 minutes

### Ingredients

#### Wraps:

1 1/2 cups Walnuts  
1/2 cup celery, diced  
1/2 cup diced carrots  
1/2 red bell pepper, diced  
1/2 cup fresh Cilantro, minced  
1/4 cup Scallions, minced (greens only)

#### Sauce:

1/4 cup raw wild honey  
1/8 cup soy sauce or Nama Shoyu,  
1/2 teaspoon fresh garlic, minced  
1 teaspoon fresh ginger, grated  
1 Tablespoons hulled sesame seeds (optional)  
1 Tablespoons Sesame Oil (may use Olive oil, but will lose the sesame taste)  
1 teaspoon red pepper flakes (optional)

#### Garnish:

1 head of Lettuce, Butter, Bib, or Romaine

#### Directions

1. Gently pull apart lettuce leaves, wash and let dry on paper towel.
2. Prepare the sauce in a food processor fitted with an s-blade by adding all ingredients and pulsing 3-4 times.
3. Add walnuts to the processor and pulse 4-5 times until meat of walnut is the consistency of ground meat.
4. Add vegetables to processor and pulse 3-4 more times or more until all ingredients are incorporated.
5. Arrange lettuce leaves on serving platter and place mixture in center. Enjoy!

Tip: Do not throw away the white bottoms of the scallion. Push them down into some dirt (I use a large planter) and water when soil seems dry. You will never have to buy scallions again. It will also grow in a cup of plain water.

By Diana Stobo

Picture by Pauline Maddox, AGNP, RN