

## **Salad Wraps, Asian Avocado Dressing, Asian Peanut Sauce**

### **Salad Wraps**

- 4 leaf lettuce leaves, lower 2 inches of spines removed
- 2 carrots, spiralized, grated or shaved with a peeler
- 2 mini cucumbers, spiralized or julienned
- 2 endive, thinly sliced lengthwise
- 1 c baby arugula
- 1 small beet, grated
- 1 bell pepper, or half each, yellow, red or orange, thinly sliced on a mandoline

Lay small amounts of each ingredient on a dry lettuce leaf and roll tightly to make a cylindrical wrap. Individualize the wraps for picky eaters. Snuggle the Salad Wrap in parchment paper to hold it in place, then cut it in half to reveal the filling. Stick a toothpick in each half. Refrigerate until needed. Serve with **Asian Avocado Dressing** or **Asian Peanut Sauce**. Makes 4 wraps. Serves 4 for a light snack or meal, 8 as a side salad. As you unwrap the parchment paper to eat, be careful not to let any beet juice dribble out the bottom. It's a lovely colour, but not so much on your white trousers.

### **Asian Avocado Dressing**

- 1 avocado
- 1 small garlic clove, grated
- 3 T rice vinegar
- 1 T each soy sauce, grated ginger, sesame oil
- 1 t Sriracha

Combine all ingredients in a blender until creamy. Add 2 tablespoons of water to thin it out a little.

### **Asian Peanut Sauce**

- 1 c each crunchy peanut butter, water
- 2 garlic cloves, crushed
- 2 T each grated ginger, soy sauce, seasoned rice vinegar, palm sugar or coconut sugar or dark brown sugar
- 1 t hot pepper flakes
- 1 star anise

In a small pot, whisk the ingredients to blend while heating, then let the sauce cool. Serve individual portions with Salad Wraps to avoid accusations of double dipping. **Asian Peanut Sauce** is good with dumplings or Asian noodle dishes.

**Jittery Cook**