

Lettuce Bundles

Salad of the Month March - 2014



Leftover cucumbers? Slice cukes into rounds and use them as additional dippers for the tasty sauce.

Prep Time: 30 Min

Start to Finish: 30 Min

Makes: 24 servings (1 bundle and 1 teaspoon sauce each)

INGREDIENTS

- 1/2 cup orange juice
- 2 tablespoons sugar
- 1 teaspoon cornstarch
- 1/8 teaspoon crushed red pepper flakes
- 1 tablespoon cider vinegar
- 1/2 teaspoon grated orange peel
- 2 heads butterhead (Boston or Bibb) lettuce, separated into 24 medium leaves (or 12 large leaves, cut in half)
- 1 large red bell pepper, cut into thin 2-inch-long strips (about 1 1/2 cups)
- 1/2 English cucumber, cut into julienne (matchstick-cut) strips (1 cup)
- 1 cup julienne (matchstick-cut) carrots

DIRECTIONS

1. In 2-quart saucepan, stir orange juice, sugar, cornstarch and pepper flakes with wire whisk until cornstarch is completely dissolved. Heat to boiling over medium-high heat, stirring frequently. Boil 1 minute, stirring frequently. Remove from heat; stir in vinegar and orange peel. Cool completely, about 15 minutes.
2. Meanwhile, on center of each lettuce leaf, place equal amounts of bell pepper, cucumber and carrots; roll up, leaving ends open. Secure with toothpick; place on serving platter. Serve bundles with sauce.

Recipe Provides: Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Bundle	Calories:	15	Calories from Fat:	0
Total Fat:	0 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	0 mg	Total Carbohydrate:	3 g
Dietary Fiber:	0 g	Sugars:	2 g	Protein:	0 g



This recipe is adapted from WWW.eatbetterearly.com