



Vegetarian Vegetable Wraps

Makes 8 snack-size servings (\$1.65 per serving) or 4 main course servings

Ingredients

Salad

- ½ pound firm tofu
- 1 pound asparagus
- 1 cup bok choy, thinly sliced
- 1 cup shredded carrots
- ½ cup thinly sliced radishes
- 1 head of lettuce
- 2 T toasted sesame seeds (optional)

Dressing

- 4 T rice wine vinegar
- 1 T grated fresh ginger
- 1 or 2 cloves garlic, finely minced or grated
- 2 T soy sauce
- ½ cup canola oil
- 2 T toasted sesame oil (optional)
- ¼ t red pepper flakes (optional)

Whisk together all the ingredients for the dressing and set aside. Remove the woody ends of the asparagus and cut the stalks into one inch pieces. Cook the asparagus in boiling water for a minute or two or until they are crisp-tender. Remove them from the water and let them cool. Drain and pat dry the tofu. Cut into ¼ inch cubes. Combine tofu, asparagus, bok choy, carrots and radishes in serving dish and toss with dressing. Serve the salad on a leaf of your favorite lettuce. Add a few toasted sesame seeds; roll up the salad in the lettuce (like a taco) and enjoy!

NOTE: These vegetables are wonderful in this salad: red and green peppers, thinly sliced button mushrooms, all kinds of cabbage, summer squash, green onions, cold cooked beets, celery and cucumbers.

Courtesy of Christine Filardo

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