

# Lettuce Rolls

- 10 oz rice stick noodles, broken up
- 2-3 heads Bibb lettuce (20 leaves)
- 1 ½ cups bean sprouts
- 1 ½ cups shredded carrots
- 1 bunch of mint

Bring 8 cups of water to a boil in medium saucepan. Add the noodles and turn off the heat. Soak for 8 minutes. Drain in a fine-mesh sieve.

On a cutting board, arrange the Bibb lettuce leaves, cut-side up. Divide the noodles evenly between the cups. Layer the bean sprouts, carrots, and mint leaves equally throughout the cups.

Fold the lettuce sides over the filling. Roll up the filling inside the leaf. Arrange the rolls seam-side down on the work surface.

Cut in half and serve immediately with:

## **Abernethy Kitchen Dragon Sauce**

1 ½ teaspoons ground ginger 1 clove garlic- chopped  
¼ cup Dijon mustard  
½ cup apple cider vinegar

¾ cup low sodium soy sauce or tamari ¾ cup brown sugar  
1 ½ cup canola/vegetable oil

garnish: 1 Tablespoon sesame seeds, toasted

Process all ingredients in food processor, except vegetable oil. Slowly add oil in a thin stream as the processor is running to emulsify. Garnish with sesame seeds. Serve with salad.

Consider adjusting the recipe to suit your family- try fresh ginger instead of dried or a different sweetener, like honey or agave.