

# THAI LETTUCE WRAPS



**Time:** 30 min

**Yield:** 15 wraps

**Recommended Tasting Size:** 1 wrap

## INGREDIENTS

- 1 head butter lettuce
- 1 cup bean sprouts
- 1 cup red cabbage
- 1 cup carrots, or 1 large carrot
- 1 cup cucumber, or 1 cucumber
- 1 cup cooked thin rice noodles

*Optional: cilantro, mint and basil for garnish*

### Thai Dressing

- 1/2 lime
- 1 inch piece ginger, about 1 Tablespoon
- 2 cloves garlic
- 1/3 cup rice wine vinegar
- 1-1/2 teaspoons honey
- 1-1/2 teaspoons chili garlic sauce
- 1/3 cup neutral oil
- pinch of salt and pepper

## DIRECTIONS

1. Prep all ingredients: rinse lettuce and bean sprouts, thinly slice red cabbage and cucumbers, grate the carrots. Place into separate bowls.
2. Cook rice noodles according to package directions. Place in a separate bowl.
3. Chop herbs if using. Place in a small bowl.
4. Make dressing: squeeze lime juice into a jar with a tight fitting lid. Mince garlic and ginger and add to jar. Add rice wine vinegar, honey, chili garlic sauce, oil, salt and pepper into jar. Shake until combined.
5. Pass out a butter lettuce leaf to each student.
6. Have them assemble their wraps with the fillings of their choosing and drizzle with dressing.

# SUMMER FRUIT SALAD



Time: 12 min

Yield: 6 cups

Recommended Tasting Size: 1/2 cup



## INGREDIENTS

4 cups watermelon

2 cups of strawberries, stems removed

1/2 cup feta cheese

2 Tablespoons mint, chopped

### Dressing:

3 tablespoons oil

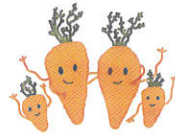
1 Tablespoon balsamic vinegar  
salt and pepper, to taste

## DIRECTIONS

1. Dice watermelon into 1 inch pieces and place in a large bowl.
2. Slice strawberries in half or quarters and add to watermelon.
3. Make dressing: add oil, balsamic vinegar, salt and pepper into a jar and shake until combined.
4. Drizzle dressing over watermelon and strawberries and toss to mix evenly.
5. Sprinkle mint over salad.
6. Crumble feta on top.
7. Toss again. Serve.



# COZY WINTER SALAD



**Time:** 15 min, plus time to cook grains

**Yield:** 6 cups      **Recommended Tasting Size:** 1/4 - 1/2 cup

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## INGREDIENTS

### Dressing:

3 Tablespoons oil  
1 Tablespoon balsamic vinegar  
1 teaspoon Dijon mustard  
pinch of salt and pepper

### Salad:

1 beet, rinsed and roots trimmed  
1 carrot, rinsed  
1 cup warm cooked grains (*brown rice, quinoa, millet farro barley, etc.*)  
6 cups greens (*spinach, lettuce, mixed greens*)  
1/4 cup cotija cheese

### Optional Toppings:

1 cup *canned chickpeas, rinsed*  
1/3 cup *pepitas, toasted*

## DIRECTIONS

1. Make dressing: add oil, balsamic vinegar, Dijon mustard, salt and pepper into a jar and shake until combined. Set aside.
2. Use a peeler to make thin ribbons with beet. Set aside.
3. Use a box grater to grate the carrots. Set aside.
4. Place greens in a large bowl and add dressing. Toss to combine.
5. Toss salad with carrots and beets.
6. Add grains, crumbled cotija and any other optional toppings. Serve.

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## TIPS

If students will be part of preparing this salad, consider who will be in charge of grating the carrots. Students should be able to pay close attention to their fingers and hands to avoid accidentally hurting themselves.

# SUNOMONO CUCUMBER SALAD



**Time:** 7 min    **Yield:** 12-15 servings    **Recommended Tasting Size:** 3-5 slices

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## INGREDIENTS

### Dressing:

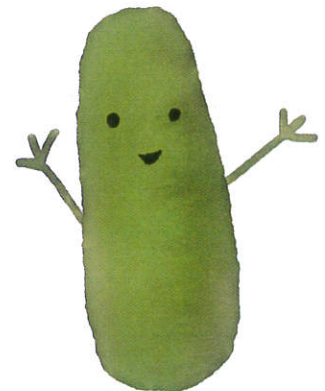
3 Tablespoons oil  
1 Tablespoon rice wine vinegar  
Pepper, to taste

### Salad:

1 large cucumber, preferably Japanese, Persian or English  
1/2 teaspoon salt  
1 Tablespoon soy sauce  
1 large sheet of seaweed  
1 Tablespoon sesame seeds

## DIRECTIONS

1. Make dressing: add oil, rice wine vinegar, and pepper to jar and shake to combine. Set aside.
2. Thinly slice cucumbers and place into bowl. Add salt. Let sit for 5 minutes. Drain liquid.
3. Add dressing to cucumbers and toss to combine.
4. Drizzle soy sauce over cucumber mixture.
5. Crumble seaweed onto cucumber mixture to garnish.
6. Sprinkle with sesame seeds and serve.



## TIPS

If you're using a thicker or rough skinned cucumber, you may want to peel first before slicing.

# SUNOMONO CUCUMBER SALAD



**Time:** 7 min    **Yield:** 12-15 servings    **Recommended Tasting Size:** 3-5 slices

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## INGREDIENTS

### Dressing:

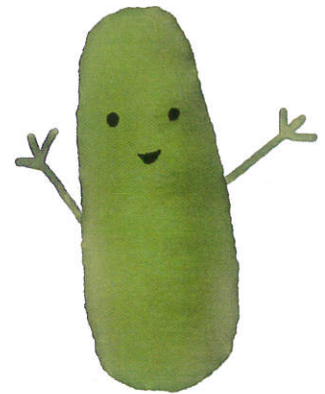
3 Tablespoons oil  
1 Tablespoon rice wine vinegar  
Pepper, to taste

### Salad:

1 large cucumber, preferably Japanese, Persian or English  
1/2 teaspoon salt  
1 Tablespoon soy sauce  
1 large sheet of seaweed  
1 Tablespoon sesame seeds

## DIRECTIONS

1. Make dressing: add oil, rice wine vinegar, and pepper to jar and shake to combine. Set aside.
2. Thinly slice cucumbers and place into bowl. Add salt. Let sit for 5 minutes. Drain liquid.
3. Add dressing to cucumbers and toss to combine.
4. Drizzle soy sauce over cucumber mixture.
5. Crumble seaweed onto cucumber mixture to garnish.
6. Sprinkle with sesame seeds and serve.



## TIPS

If you're using a thicker or rough skinned cucumber, you may want to peel first before slicing.

# MEDITERRANEAN LETTUCE WRAPS



**Time:** 20 min    **Yield:** 15 wraps    **Recommended Tasting Size:** 1 lettuce wrap

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## INGREDIENTS

1 Tablespoon olive oil  
2 cups zucchini, diced  
2 cups yellow squash, diced  
1 cup cooked couscous  
1 cup carrots, or 1 large carrot  
2 cups cucumber, or 1 cucumber  
15 romaine leaves  
1/2 cup feta cheese  
pinch salt and pepper

### Dressing:

1 lemon  
2 garlic cloves  
1 teaspoon fresh or 1/2 teaspoon dried dill  
1 teaspoon fresh mint  
1 Tablespoon red wine vinegar  
1 teaspoon sugar (*optional*)  
1/2 cup plain, whole milk Greek yogurt  
1/3 cup extra virgin olive oil, best quality,  
such as Lucini  
pinch salt and pepper

## DIRECTIONS

1. Cook couscous according to package instructions.
2. Turn your induction cooktop to medium, add oil, and sauté zucchini and squash for 5-7 minutes, until softened.
3. While the vegetables sauté, shred carrots and dice cucumbers.
4. Make dressing: squeeze lemon juice into a jar with a tight fitting lid. Mince garlic and add to jar. Chop dill and mint, if using fresh, and add to jar. Add red wine vinegar, sugar, Greek yogurt, extra virgin olive oil, salt and pepper to jar. Shake until combined.
5. To assemble wraps, divide the couscous, add to each romaine leaf.
6. Top each leaf with sautéed veggies, cucumbers and carrots.
7. Garnish each leaf with feta and then drizzle with dressing.

# HERB HUMMUS



**Time:** 10 min

**Yield:** 1.5 cups      **Recommended Tasting Size:** 2 Tablespoons

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## INGREDIENTS

- 15 ounce. can chickpeas, drained
- 1/3 cup tahini
- 2 Tablespoons [Herb Infused Oil](#)
- 2 cloves garlic
- 1 cup packed cilantro or basil
- 1 cup packed spinach
- 1 teaspoon salt
- 3 Tablespoons water

### Garnish:

dried or chopped fresh herbs

## DIRECTIONS

1. In a blender or food processor, add all ingredients and blend until smooth and creamy.
2. Top with a drizzle of olive oil and fresh herbs.
3. Serve with sliced veggies.



## TIPS

If you do not have any herb infused oil on hand, you can use regular olive oil and add 1 teaspoon of fresh or 1/2 teaspoon dried herbs instead to the mixture.

This pita is excited to be dipped in delicious hummus!

# GARDEN CHIMICHURRI

## INGREDIENTS

- 1 shallot, roughly chopped
- 1/2 fresno chili or jalapeno roughly chopped
- 3 large garlic cloves
- 1 teaspoon Kosher Salt
- 1/2 cup cilantro chopped
- 1/4 cup parsley chopped
- 2 Tablespoons oregano plucked from stem
- 3/4 cup [Herb Infused Oil](#)

## DIRECTIONS

1. Place shallot, chili and garlic cloves in the food processor base of your hand blender. Pulse until everything is finely chopped.
2. Add in the rest of the ingredients and pulse until the herbs are finely chopped.
3. Serve with chopped veggies or drizzle over grilled garden veggies.