



Crunchy Veggie-Noodle Lettuce Wraps

Yield: About 10 lettuce wraps

Ingredients:

- About $\frac{1}{2}$ lb. thin whole wheat spaghetti or angel hair pasta (or any gluten free thin noodles if preferred)
- 1 cup cucumber, peeled and thinly sliced
- 1 cup carrots, shredded
- 1 cup celery, thinly sliced
- 1 cup snow peas, thinly sliced
- 1 red pepper, diced
- $\frac{1}{4}$ cup scallions, chopped
- $\frac{1}{3}$ cup fresh cilantro or parsley
- 1 tbsp. sesame seeds
- 1 head butter or romaine lettuce

Sauce:

- juice of 2 limes, about $\frac{1}{2}$ cup
- 2 tbsp. soy sauce
- Optional: red pepper flakes

Directions:

1. Cook noodles according to directions. Once cooked and drained, set aside and cool.
2. Cut cucumber, carrots, celery, snow peas, red pepper, scallions and parsley or cilantro and mix together in large bowl.
3. Whisk sauce ingredients together and pour over veggies. Toss veggies and noodles together.
4. Peel whole leaves off lettuce and spin dry. Fill lettuce cups with the noodle/veggie mix. Top with sesame seeds.