

Wraps and Rolls

Quick solutions for meals are always welcome at our house and I enjoy all things Asian inspired (especially when the anniversary of the Fukushima Quake is so near the front of my mind).

Wraps and Rolls find their way into our busy lifestyle on a regular basis and each time they are new and unique depending on what's in the refrigerator. With leftovers, veggies on hand and a sauce or two, dinner is quick and easy. Invite your friends to play with their food and everyone will have fun!

Sometimes I present them as an Asian taco / burrito bar, an invitation to guests and family to make their own dinners using their hands -- an authorized excuse to play with your food! Kids love it . . . and, really, how much more fun can you have? Offer the wildest variety of vegetables depending on what is in season or what you have in the refrigerator.

The best wraps and rolls start out with sprouts, spreads, dips, or sliced avocados as a base, then pile on the vegetables and condiments, topping off with a savory sauce: Delicious, portable meals and snacks. This is a good way to use up leftover pâtés, spreads and dips and any variety of vegetables. Cut, grate, julienne, chop and chiffonade to your heart's desire. The possibilities are endless.

Choice of Wrappers:

- Collard leaves
- Cabbage leaves
- Nori sheets
- Romaine Leaves
- Raw Tortillas

Garnishes:

- Dehydrated pumpkin or sunflower seeds
- Dulse
- Sesame Seeds

Choice of Vegetables:

- Alfalfa or Sunflower sprouts
- Avocados, thinly sliced
- Carrots, shredded or julienne
- Cucumber, seeded and julienne sliced
- Red bell peppers, julienne sliced
- Red onion, thinly sliced
- Sauerkraut
- Tomato, chopped or sliced

Choice of Spreads:

- Any kind of pate
- Almond or cashew cheese
- Guacamole
- Hummus
- Salsa
- Pesto
- Raw Tahini, pumpkin seed butter or almond butter
- Raw sauces and spreads
- Spicy miso paste
- Wasabi