

Name: Rebekah Jimenez
County: Jasper

Age: Senior
Food Category: Nutritious Snacks

Lettuce Bundles

1/2 cup Orange Juice
2 tablespoons sugar
1 teaspoon cornstarch
1/8 teaspoon crushed red pepper flakes
1 tablespoon cider vinegar
1/2 teaspoon grated orange peel
2 heads butter head lettuce, separated into 24 medium leaves
1 large red bell pepper, cut into thin 2-inch-long strips
1/2 cucumber, cut into julienne strips
1 cup julienne carrots

- 1) In a 2 quart saucepan, stir orange juice, sugar, cornstarch and pepper flakes with wire whisk until cornstarch is completely dissolved. Heat to boiling over medium-high heat, stirring frequently. Boil 1 minute, stirring frequently. Remove from heat; stir in vinegar and orange peel. Cool completely, about 15 minutes.
- 2) Meanwhile, on center of each lettuce leaf, place equal amounts of bell pepper, cucumber and carrots; roll up leaving ends open. Secure with toothpick; place on serving platter. Serve bundles with sauce.