

## Steamed Vegetable Wrap

With Dressings:

### VEGGIES:

- 1 ½ sliced organic carrots on the diagonal
- 3 cups Broccoli florets
- 1 ½ cups snow peas sliced lengthwise

PROCEDURE: Place carrots, topped with Broccoli & snow peas to steam

OPTIONAL: Asparagus, Bok Choy, and Spinach

### LEMON-DILL DRESSING:

- 3 scallions w/ greens, 1 10-12 ounce pkg of silken Tofu, drained and pressed
- ¼ cup fresh Dill
- 2 Tablespoon Lemon juice
- 1 Table. Rice vinegar
- 1 teaspoon Dijon mustard
- S&P to taste

\*Optional: Can you teaspoon of Sucanat or other healthy sweetener

### PROCEDURE:

Place scallions in food processor, chop well, add Tofu, dill, lemon, vinegar, mustard, salt and pepper, let sit 15 mins., before serving

### THAI DRESSING:

- 1 Tablespoon of Sesame Oil
- 1 ½ Tablespoon Ginger Grated, 1 Jalapeno pepper chopped
- 2 Tablespoon of Lime juice
- 1 scallion, white and green parts
- ½ cup fresh Cilantro, chopped
- 1 teaspoon curry powder, 1 teas. Lemongrass
- 1 10-12 ounce pkg. silken Tofu, drained & pressed
- \* Optional; 1 teas. Healthy sweetener (optional)

### PROCEDURE:

Heat oil-stir in Ginger, scallions, curry, cook one min., scrape into food processor, pulse a few times then add Tofu, cilantro, lime and sugar (if using)

Enjoy!

Chef Kathryn Bari  
[www.thehealthchef.com](http://www.thehealthchef.com)