

Mark's Kitchen

drhyman.com

Sunrise Nori Wraps with Spicy Tahini Drizzle

Serves: 4

Ready in: 15 minutes

This week we're taking a break from sharing *Eat Fat, Get Thin* recipes to share a delicious recipe from our friend Amie Valpone of *The Healthy Apple*. Amie has a new book coming out this March called *Eating Clean*. The book outlines the journey of how she healed from a decade of chronic illness, and it's filled with over 200 detox-approved, plant-based recipes that are free of gluten, dairy, soy, refined sugar, eggs, corn and processed ingredients! And, many of her recipes include delicious, healthy fats.

These Sunrise Nori wraps are filled with phytonutrients, and they're perfect for both vegetarians and meat eaters. The tahini dressing is truly addictive—you're going to want to dress everything in it—and the cabbage provides a nice crunch. Use leftover tahini drizzle as a dressing for salads or as a dip for crudités.

Spicy Tahini Drizzle

- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon raw tahini
- 2 Medjool dates, pitted
- 1 garlic clove, minced
- ¼ teaspoon crushed red pepper flakes
- Water, as needed to thin the sauce

Step 1: Make the tahini: Combine all of the ingredients except the water in a blender. Blend, adding water 1 teaspoon at a time, until the mixture becomes a thin sauce.

Sunrise Nori Wraps

- 4 nori seaweed sheets
- ¼ small head red cabbage, very thinly sliced
- 1 large carrot, peeled and julienned
- 1 small yellow summer squash, julienned
- 1 small cucumber, julienned
- 1 large ripe avocado, pitted, peeled and sliced

Step 2: Place the nori sheets on a flat surface. Divide the remaining ingredients evenly among the sheets. Top each pile of vegetables with a tablespoon of the Spicy Tahini Drizzle, and then roll up the nori sheets into a tube shape.

Nutritional analysis per serving:

Calories 164 • Fat 9 g • Saturated fat 1 g • Cholesterol 0 mg • Fiber 7 g • Protein 4 g • Carbohydrate 20 g • Sodium 40 mg • Sugar 10 g