

Vietnamese Tofu-Noodle Lettuce Wraps

2 ounces thin rice noodles
1/4 cup water
5 teaspoons fish sauce
2 tablespoons lime juice
1 tablespoon sugar
1/2-1 teaspoon crushed red pepper
8 ounces firm or extra-firm seasoned tofu, thinly sliced
1 medium carrot, cut into matchsticks
1 cup sugar snap peas, trimmed and very thinly sliced
1/4 cup chopped fresh basil
1/4 cup chopped fresh mint
8 large leaves green-leaf lettuce

1. Bring a large saucepan of water to a boil. Add rice noodles (or rice sticks) and cook until just tender, about 3 minutes. Drain and rinse under cold water. Gently squeeze noodles to remove most of the water.
2. Meanwhile, combine 1/4 cup water, fish sauce, lime juice, sugar and crushed red pepper to taste in a small bowl.
3. Coarsely chop the noodles and combine in a large bowl with tofu, carrot, snow peas, basil and mint. Pour the sauce over the salad and toss to combine. To serve, spoon about 1/2 cup salad onto each lettuce leaf and roll up.

Adapted from Eatingwell.com