

A Fast-Friendly RECIPE from ByziMom.com

St. Myron's

Quinoa Sesame Lettuce Wraps



St. Myron was the son of a 4th century grain farmer who caught some men in his family's barn who were attempting to steal their grain. Instead of giving away his identity as the owner, he helped them fill their bags and sent them on their way. When the men later learned of his identity, they repented, apologized, and converted to Christianity, all because of Myron! His feast day is August 8th.

Ingredients

- 1 cup quinoa, rinsed and cooked 15 minutes in boiling, salted water until tender.
- 1-2 carrots, peeled and shredded
- ½ cup diced red onion
- ½ cup finely chopped fresh mint or parsley
- 1 clove garlic
- ½ inch piece of ginger
- Zest and juice of one lemon
- ¼ cup tahini (any nut butter works well as a substitute)
- ½ tsp salt
- Large lettuce leaves for wrapping

Preparation

Combine garlic, ginger, lemon, and tahini and salt in a food processor and blend to make the dressing, adding a teaspoon of water at a time to make it the right consistency. Pour over the cooked quinoa, carrots and herbs and mix well. Serve in a bowl with the washed lettuce leaves, allowing each diner to wrap up some of the grain into a little bundle and steal it away to enjoy!