

## **Nori Saves the Day**

Dress up your leftovers and exercise your jaws at the same time.

### **Ingredients:**

4 sheets of untoasted nori  
4 medium Romaine leaves  
1 ripe avocado, peeled and sliced thin (or substitute raw tahini)  
2 strips of soaked dulse (seaweed)  
4 scallions  
leftover salad or vegetable entree (or both)  
1-2 Tbs. lemon juice

Lay nori out flat and beginning with the side nearest you, spread a strip of leftovers along the edge. Follow with avocado (or tahini) next to it, then dulse strips, then lay one whole scallion alongside that. Be creative! Add herbs or anything that you think will make your taste buds dance. Do you have fresh saurkraut or sprouts on hand? All the better! Sprinkle with lemon juice and place a Romaine leaf flat on top. Roll nori sheets up tightly, beginning with the side nearest you. Wet the seam before pressing together. You can slice into sections or enjoy whole. Makes 4 wraps.

Serves 2.