

# Lettuce Wraps with “Tuna” Pate

This tastes a little like tuna salad and is just as delicious.

Pumpkin seeds are especially rich in mono-unsaturated fatty acids (MUFA) like **oleic acid** that helps lower bad LDL cholesterol and increase good HDL cholesterol in the blood.

Pumpkin seeds are excellent source of amino acids **tryptophan** and **glutamate**. Tryptophan is converted in to serotonin and niacin. Serotonin is a beneficial neuro-chemical often labeled as **nature's sleeping pill**. Further, tryptophan is precursor of B-complex vitamin, niacin

4 servings

1 cup pumpkin seeds, soaked for 4–6 hours, rinsed, and drained

3 Tb fresh-squeezed lemon juice

¼ cup chopped celery

2 Tb cup chopped red onion

¼ cup parsley, chopped

¼ cup fresh dill, chopped

1 Tb kelp powder

½ teaspoon sea salt

1 head of Boston Lettuce, about 8 large leaves from the head for wraps

Shredded carrots, chopped tomatoes and sprouts or any vegetables you like  
Lemony Dill Dressing or dressing of choice

- Pulse pumpkin seeds in a food processor using the S-blade until you get a coarse paste. Add a little water as necessary to get right consistency. Transfer to a bowl.
- Add chopped celery and onion along with the other ingredients.
- Mix thoroughly using a fork to incorporate the vegetables into the pumpkin seed pate.
- Place 2 Tb of the “tuna” onto the wrap. Add the vegetables, fold in the sides and roll up. Serve with Tahini Dill Dressing on the side for dipping.