

Lettuce Wraps with “Tuna” Pate

The kelp gives this pate a “tuna like” taste 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 an excellent source of amino acids **tryptophan** and **glutamate**. Tryptophan is converted into serotonin. Serotonin is a beneficial neuro-chemical often labeled as **nature's sleeping pill**. Further, tryptophan is a precursor of B-complex vitamin and 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 chopped red onion

¼ cup parsley, chopped

¼ cup fresh dill, chopped

1 Tb [kelp granules](#)

½ teaspoon sea salt

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

Shredded carrots

Chopped tomatoes

Sprouts

Additional vegetables, if you like

Tahini Dill Dressing or [Lemon Dill Dressing](#) or dressing of choice

- Pulse pumpkin seeds in a food processor with lemon using the S-blade until you get a coarse paste. Add a little water if necessary to get an even consistency. Transfer to a bowl.
- Add chopped celery, onion, parsley, dill, kelp and salt.
- Mix thoroughly using a fork to incorporate the vegetables into the pumpkin seed pate.
- Place 2 Tb of the “tuna” onto the lettuce leaf. Add the vegetables and a few teaspoons of dressing. Fold in the sides and roll up. Serve with Tahini Dill Dressing or [Lemon Dill Dressing](#) on the side for dipping.