



Adventure Ingredient: Spicy Hot Vegetable Juice

Chilled Gazpacho Tuna Lettuce Wraps

Fresh, Fast, and Fiesta Flavored

- 1/2 cup quarter thin sliced red onions
- Cold water as needed
- 1 (5.5 oz.) can spicy hot vegetable juice (about ½ cup)
- 2 teaspoons red wine vinegar
- 2 teaspoons Worcestershire sauce
- 2 mini cucumbers, halved, thin sliced (1 cup)
- 2 tomatoes, cored, seeded, chopped (1 cup)
- 1 cup chopped mini colored sweet peppers (1 cup)
- 1 jalapeno pepper, seeded, minced
- 1 clove garlic, minced
- Hot sauce; salt; ground black pepper as desired
- 2 (2.6 ounce) packets wild caught tuna in oil with sundried tomatoes

8 Butter or Boston lettuce leaves

Garnish: 1/2 fresh avocado, peeled, sliced; parsley sprigs as desired

Soak Onions: Place red onions in small bowl; cover with cold water; set aside to reduce strong onion flavor.

Prepare Gazpacho Marinade: In a medium sized bowl, combine vegetable juice, red wine vinegar, and Worcestershire sauce. Set aside.

Combine Vegetables: Drain and discard water from onions; place in medium-sized bowl. Add sliced cucumber, tomatoes, sweet peppers, jalapeno peppers and garlic; toss to combine. Stir in prepared marinade; Season as desired with hot sauce, salt, and ground black pepper. Place in refrigerator to chill.

To Serve: Remove vegetables from refrigerator; gently stir in tuna with oil from packets. Place larger lettuce leaves on serving platter; with a slotted spoon, place about two large tablespoons gazpacho tuna salad into center of each lettuce leaf. Garnish the plate with thin avocado slices and parsley sprigs. Yield: serves 4 about 2 lettuce wraps each

Cook's Note: In place of the tuna, substitute any leftover cooked fish, torn into small pieces. I love the Gazpacho flavors that are chilled into the vegetables. You can also use only one tuna packet or make them only with vegetables. Add the amount of hot sauce that you enjoy.

About the Recipe: These summer wraps are easy to make and bursting with bright spicy flavor. Serve them as a light supper or weekend snack.