



Crunchy Soy and Peanut Appetizers

I find serving tasty, easy fillings in lettuce leaves is a good way to get around the more traditional custom of serving bread or crackers topped with spreads for appetizers. This filling is made with soy crumbles, which are easy to find and provide good body and texture alongside the crunchy peanuts and slaw. This is easily doubled or tripled for larger gatherings.

Serves 4

- $\frac{2}{3}$ cup ground soy crumbles
- $\frac{2}{3}$ cup packaged coleslaw
- 2 tablespoons chopped unsalted peanuts
- 2 tablespoons hoisin sauce
- Hot sauce
- 1 small head Boston lettuce or medium head Bibb lettuce

1. In a small nonstick skillet, sauté the soy crumbles, stirring, for about 5 minutes until browned.
2. Transfer the soy crumbles to a bowl and add the coleslaw, peanuts, hoisin sauce, and hot sauce to taste.
3. Once the leaves are dry, after washing, fill each with a spoonful of the soy mixture. Serve very soon after preparing or they might be soggy.

Per serving: 3 grams carbohydrates; 4 grams protein; 2 grams fat