Chinese pork radicchio wraps

least 15 minutes. Drain noodles and (using kitchen scissors) cut into 2- to 3-inch pieces. Return noodles to pot, drizzle with rice vinegar, and toss. Cover and set aside.

3. In a small bowl, mix chile flakes and lime juice and let sit several minutes. Add garlic, sugar, and fish sauce; whisk until sugar is dissolved. Transfer sauce to a serving dish.

4. To assemble wraps, arrange some noodles in the middle of each lettuce leaf and top with 1 shrimp. Garnish with carrot, basil, cilantro, mint, and peanuts. Tuck up the bottom of each leaf and fold sides inward to eat. Drizzle with or dip into sauce.

Per serving: 121 Cal., 23% (28 Cal.) from fat; 8.2 g protein; 3.1 g fat (0.5 g sat.); 15 g carbo (1.4 g fiber); 374 mg sodium; 42 mg chol.

Chinese Pork Radicchio Wraps with Hot-Sweet Dipping Sauce

The Chinese are masters of savory tidbits served in lettuce cups, an idea that inspired this recipe.

PREP AND COOK TIME: About 1 1/2 hours
MAKES: 8 to 10 appetizer servings
NOTES: The Asian ingredients used here are available at Asian grocery stores and most large supermarkets.

- 1 clove garlic, peeled
- 1/2 cup plus 2 tablespoons soy sauce
- 1/2 cup vegetable oil
- 1/4 cup sugar
- 1/4 teaspoon Chinese five-spice powder
- 1 whole pork tenderloin (1 to 1 1/2 lb.)
- 1/4 cup prepared Chinese plum sauce
- 1 tablespoon prepared Chinese-style mustard
- 2 or 3 drops Sriracha sauce, or more to taste
- 2 heads radicchio, cores trimmed and leaves separated, rinsed, and drained
- 3 green onions, ends trimmed and white and light green parts thinly sliced lengthwise into ribbons
- 1 daikon radish, ends trimmed and grated lengthwise into ribbons

1. In a food processor, whirl garlic, 1/2 cup soy sauce, the oil, sugar, and five-spice powder until blended. Put pork tenderloin in a shallow dish or zip-lock plastic bag and slowly add soy mixture. Turn pork over to coat in marinade. Cover and refrigerate at least 1 hour and as long as overnight.

2. Preheat broiler to high. Transfer pork to a roasting pan lined with foil; discard marinade. Position roasting pan 6 to 8 inches below broiler and cook until meat begins to brown on top, about 10 minutes. Turn pork over, move roasting pan to center oven rack, and reduce heat to 350°. Roast meat until a thermometer inserted in center of thickest part reaches 150°, about 30 minutes (meat should be slightly pink; cut to check). Transfer to a cutting board, loosely cover with foil, and let rest 10 minutes.

3. Meanwhile, in a small bowl whisk together plum sauce, mustard, remaining 2 tablespoons soy sauce, and the Sriracha; transfer sauce to a serving dish.

4. To assemble wraps, slice tenderloin very thinly and arrange 1 slice on each radicchio leaf. Top with green onion and radish ribbons. Tuck up the bottom of each leaf and fold sides inward to eat. Drizzle with or dip into sauce.

Per serving: 161 Cal., 45% (73 Cal.) from fat; 14 g protein; 8.1 g fat (1.6 g sat.); 8.7 g carbo (0.5 g fiber); 706 mg sodium; 33 mg chol.

FOOD STYLING: KAREN SHINTO

Inspire yourself in 3 simple steps

Italian Garlic Steak and Vegetables With Alfredo Pasta

(4 servings)

Prep Time: 10 Minutes
Marinate Time: 30 Minutes
Cook Time: 15 Minutes

1 cup Lawry's® Italian Garlic Steak Marinade With Roasted Garlic & Olive Oil
1 lb. boneless sirloin steak
2 bell peppers, quartered
1 Tbsp. I Can't Believe It's Not Butter!® Spread
1 zucchini, thinly sliced
1 1/2 cups water
1/2 cup milk
1 package Knorr®-Lipton® Pasta Sides™-Alfredo

1. Pour Marinade over steak and peppers and marinate in refrigerator 30 minutes. Remove from Marinade, discarding Marinade.

2. Grill or broil steak and peppers, brushing with additional Marinade until desired doneness.

3. Melt Spread in a large saucepan and cook zucchini until softened. Stir in water, milk and Sides and bring to a boil. Simmer 10 minutes or until pasta is tender, stirring occasionally. Let stand 2 minutes.

LAWRY'S Knorr Lipton

www.3stepchef.com

© Unilever 2006

July favorites

Recipes from our readers, tested in *Sunset's* kitchen

BY MOLLY WATSON

Triple-Chocolate Brownies

ANNE-MARIE SUMMERHAYS, PORTLAND

If you like super-chocolatey, fudgy brownies, then these are for you.

PREP AND COOK TIME: 45 minutes
MAKES: 16 brownies

- 3 ounces bittersweet chocolate, chopped
- 1/2 cup butter
- 1 cup light brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs, beaten
- 1/2 cup all-purpose flour
- 1/4 cup unsweetened cocoa (not Dutch-processed)
- 1/2 teaspoon salt
- 1 cup semisweet chocolate chips

1. Preheat oven to 350°. In a double boiler over simmering water, melt chocolate and butter (see "Melting Chocolate the Easy Way," page 111, for another method). Stir in brown sugar and vanilla. Take off heat. Add eggs and mix thoroughly. Add flour, cocoa, and salt, mixing until smooth. Stir in chocolate chips.

2. Pour batter into an 8-inch square pan. Bake until a toothpick or knife inserted in the center comes out with moist crumbs sticking to it, 20 to 25 minutes.

Per 2-inch brownie: 206 Cal., 52% (108 Cal.) from fat; 2.3 g protein; 12 g fat (6.7 g sat.); 27 g carbo (1.2 g fiber); 147 mg sodium; 42 mg chol.

This month's picks

1. Triple-Chocolate Brownies
2. Roasted Tomatillo Guacamole
3. Red Pepper–Cauliflower Soup
4. Blueberry Yogurt Cake

PHOTOGRAPHY & FOOD STYLING: DAN BECKER