

Savory Iceberg Cups

I fill everything from tortillas to wonton skins to phyllo with cheese, ham, salad, olives, sausage, or meatballs. For a light, crunchy, delicate, low-calorie wrap, I sometimes use the center leaves of iceberg lettuce, which are shaped like cups and are easy to fill, wrap, and eat.

From 1 head iceberg lettuce, remove 8 center leaves, each about the size of your cupped hands held together. Arrange them side by side on a platter. In a bowl, mix together 1 cup crumbled (1/2-inch pieces) feta cheese, 1 cup (1/2-inch pieces) drained oil-packed sun-dried tomatoes, 1 cup (1/2-inch pieces) chopped red bell pepper or pimiento, 1 cup pitted spicy green olives, whole if small or cut into 1/2-inch pieces, and 1 teaspoon chopped garlic. Add 2 tablespoons fresh lemon juice, 1/4 cup olive oil, 1 tablespoon chopped fresh tarragon, and 3/4 teaspoon each salt and freshly ground black pepper and mix well.

Divide among the iceberg lettuce cups. Wrap the cups to enclose the filling, if you like, or serve as is.

Makes 8 Hors D'oeuvre Wraps