

Mediterranean Wraps

INGREDIENTS

WHIPPED FETA

- 8oz block feta cheese
- ½ cup sour cream
- ½ cup mayonnaise
- Zest from 1 lemon (about 1 teaspoon)
- 1 small clove garlic, chopped
- ¼ teaspoon dried dill
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- Pinch of salt
- ¼ teaspoon freshly ground black pepper
- Pinch of crushed red pepper flakes

WRAPS

- Large tortilla, sun-dried tomato
- Green leaf lettuce, patted dry
- Cucumber, cut into flat strips
- Roasted red bell pepper, patted dry and sliced
- Red onion, thinly sliced
- About 1/4 cup cooked chicken per wrap, or omit for a vegetarian sandwich

DIRECTIONS

1. TO MAKE THE WHIPPED FETA: Combine all of the ingredients in a food processor and blend until smooth. Taste and adjust seasoning. Let sit for at least 30 minutes before serving.
2. TO ASSEMBLE THE WRAPS: lay 1 tortilla on a clean work surface. Spread the feta dip on the top half of the tortilla. Lay 2-3 leaves of lettuce on the bottom half of the tortilla, near the middle. Add the veggies on top of the lettuce. Evenly distribute the chicken and add 2-3 small dollops of whipped feta.
3. Starting at the bottom, roll the tortilla into a wrap, rolling away from you. FOR CLASS: slice into thirds. Otherwise, slice in half.
4. Serve immediately or, to store, wrap in plastic wrap and refrigerate.

- Recipe Credit: Jenn Segal, <https://www.onceuponachef.com/recipes/creamy-whipped-feta-dip.html>



Rainbow Veggie Wrap

INGREDIENTS

HUMMUS

- 1 clove garlic, peeled
- 1/4 cup lemon juice
- 1/2 tsp. salt
- 1/2 cup tahini
- water, 2-4 TBL
- 1 can chickpeas, drained and rinsed
- 1/2 tsp. cumin
- 1 TBL extra virgin olive oil, plus more as needed

WRAPS

- Large tortilla, spinach or other
- Green leaf lettuce, patted dry
- Baby spinach
- Cucumber, cut into flat strips
- Roasted red bell pepper, sliced
- Red onion, thinly sliced
- Carrots, sliced into thin strips with a veggie peeler
- Shredded red cabbage

DIRECTIONS

1. TO MAKE THE HUMMUS: Combine the lemon juice, garlic and salt in a food processor and process until the garlic is finely chopped. Let sit for about 5 minutes. Add the tahini and process, pausing to carefully scrape down the sides of the bowl. Turn the processor back on and drizzle in 2 tablespoons of water. If the mixture is very thick, add more water, 1 tablespoon at a time. Add the chickpeas and the cumin. Turn the processor on and drizzle in the olive oil, pausing the scrape down the sides as necessary. Add more olive oil as needed to achieve the consistency you'd like. TASTE! and adjust seasoning.

2. TO ASSEMBLE THE WRAPS: lay 1 tortilla on a clean work surface. Spread the hummus on the top half of the tortilla. Lay 2-3 leaves of lettuce on the bottom half of the tortilla, near the middle. Add the veggies on top of the lettuce. Add a couple dollops of hummus to the veggies and top with red cabbage.

3. Starting at the bottom, roll the tortilla into a wrap, rolling away from you. FOR CLASS: slice into fourths. Otherwise, slice in half.

4. Serve immediately or, to store, wrap in plastic wrap and refrigerate.



Turkey Herbed Cream Cheese

INGREDIENTS

GARLIC HERB CREAM CHEESE

- 8oz package cream cheese, softened
- 2 tsp. milk
- ¼ cup chopped chives, or half chives and half fresh basil or dill
- ½ teaspoon garlic powder
- ½ teaspoon dried dill
- Pinch of salt and pepper

WRAPS

- Large tortilla, spinach or other
- 4 pieces of thinly sliced cheese of choice
- Green leaf lettuce, patted dry
- 4 slices turkey
- Baby spinach
- Red or orange bell pepper, thinly sliced
- Red onion, thinly sliced
- Micro-greens, if you have them

DIRECTIONS

1. TO MAKE THE GARLIC HERB CREAM CHEESE: In a food processor, add the cream cheese and 1 tablespoon of milk. Roughly chop the chives and add to the processor. Add the garlic powder, dill, salt and pepper. Pulse to blend.
2. TO ASSEMBLE THE WRAPS: lay 1 tortilla on a clean work surface. Spread the cream cheese on the top half of the tortilla. Lay 2-3 pieces of cheese on the bottom half of the tortilla, near the middle, then add the leaves of lettuce. Add the slices of turkey, then the veggies.
3. Starting at the bottom, roll the tortilla into a wrap, rolling away from you. FOR CLASS: slice into fourths. Otherwise, slice in half.
4. Serve immediately or, to store, wrap in plastic wrap and refrigerate.

- Recipe Credit: <https://www.acouplecooks.com/herb-cream-cheese/>



Grilled chicken & peanut sauce

INGREDIENTS

PEANUT SAUCE

- 1/2 cup creamy peanut butter
- 1/4 cup soy sauce
- 2-3 tablespoons honey
- 1 tablespoon Sriracha or similar spicy chili sauce
- 1 tablespoon fresh ginger, grated or minced
- 1 clove garlic, grated or minced
- 1 tablespoon fresh lime juice
- 1-4 TBL warm water, if needed to thin sauce

WRAPS

- Large tortilla, multigrain or other
- Green leaf lettuce, patted dry
- Cucumber, cut into flat strips
- Carrot, sliced into thin strips with a veggie peeler
- Green onion, cut on the diagonal
- Red cabbage
- Roughly chopped cilantro, to taste
- about 1/4 cup cooked chicken per wrap

DIRECTIONS

1. TO MAKE THE PEANUT SAUCE: In a bowl, combine all of the ingredients and whisk until smooth. Set aside.
2. Remove about 1/4 cup of the peanut sauce and toss with the cooked chicken.
3. TO ASSEMBLE THE WRAPS: lay 1 tortilla on a clean work surface. Spread the peanut sauce on the top half of the tortilla. Lay 2-3 leaves of lettuce on the bottom half of the tortilla, near the middle. Add cucumber, carrot, green onion, red cabbage, and cilantro. Drizzle with a little peanut sauce, then top with the chicken.
4. Starting at the bottom, roll the tortilla into a wrap, rolling away from you. FOR CLASS: slice into thirds. Otherwise, slice in half.
5. Serve immediately or, to store, wrap in plastic wrap and refrigerate.

