

Roasted Veggie Wrap Recipe By CHEF CARLA FIGÁRO

SERVES: 4



	1½ 1 1 ½	MUS: cups dry garbanzo beans tsp baking soda lemon, zested lemon, juiced cloves garlic, minced		1/4 1/4 1/2	tsp pink salt, or to taste cup tahini cup ice water tsp ground cumin tbsp extra virgin olive oil	
 DIRECTIONS: □ 1. Add beans to a medium-sized pot and add water to 2" above beans. □ 2. Bring to a boil and lower the flame, to prevent boil over. □ 3. Cook for about 25 min (until beans can be mashed with slight pressure.) □ 4. Drain and rinse beans with cold water. □ 5. In a small bowl, combine olive oil, garlic, and lemon; set to rest 10 minutes. □ 6. Add beans, tahini, lemon olive oil, and seasonings to a high-powered food processor or blender; blend until smooth. □ 7. Add half of the ice water and blend until silky. Add more water if needed. 						
	5 5	DRESSING: oz Greek yogurt oz feta cheese large clove garlic		1/4	lemon, zested tsp black pepper tbsp extra virgin olive oil salt, if needed	
	 DIRECTIONS: □ 1. Place all ingredients food processor and blend until smooth. □ 2. Add salt, if needed. You can also add lemon juice if you like more tang. 					

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□ 1 large carrot, thinly sliced

☐ 1 yellow squash, thinly sliced

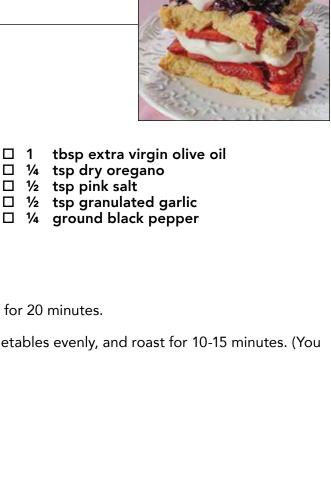
☐ 1 can artichoke bottoms, sliced ☐ 1 red bell pepper, seeded and

☐ 1 zucchini, thinly sliced

cut into quarters

SERVES: 4

FILLING:



DIRECTIONS:

- ☐ 1. Toss all filling ingredients together; marinate for 20 minutes.
- ☐ 2. Preheat oven to 475°F.
- ☐ 3. On a parchment-lined sheet pan, spread vegetables evenly, and roast for 10-15 minutes. (You may need two sheet pans.)

□ 1

ASSEMBLY:

- pack Middle Eastern flat bread (may substitute any type of bread)
- ☐ ½ cup sprouts
- ☐ 1 cup arugula

DIRECTIONS:

- \Box 1. Warm the bread slightly in the oven or a skillet.
- ☐ 2. Spread with hummus, then arugula, vegetables, sprouts, and feta sauce.

