



Roasted Veggie Wrap

Recipe By CHEF CARLA FIGARO

SERVES: 4

HUMMUS:

- ☐ 1½ cups dry garbanzo beans
- ☐ 1 tsp baking soda
- ☐ 1 lemon, zested
- ☐ ½ lemon, juiced
- ☐ 2 cloves garlic, minced
- ☐ ½ tsp pink salt, or to taste
- ☐ ¼ cup tahini
- ☐ ¼ cup ice water
- ☐ ½ tsp ground cumin
- ☐ 1 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.

FETA DRESSING:

- ☐ 5 oz Greek yogurt
- ☐ 5 oz feta cheese
- ☐ 1 large clove garlic
- ☐ 1 lemon, zested
- ☐ ¼ tsp black pepper
- ☐ 2 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.

(Continued)

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FILLING:

- ☐ 1 large carrot, thinly sliced
- ☐ 1 zucchini, thinly sliced
- ☐ 1 yellow squash, thinly sliced
- ☐ 1 can artichoke bottoms, sliced
- ☐ 1 red bell pepper, seeded and cut into quarters
- ☐ 1 tbsp extra virgin olive oil
- ☐ ¼ tsp dry oregano
- ☐ ½ tsp pink salt
- ☐ ½ tsp granulated garlic
- ☐ ¼ ground black pepper

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.)

ASSEMBLY:

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

DIRECTIONS:

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

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