

## On-the-go Veggie Wraps

### Ingredients

- 2 large tortillas or flatbreads
- ¼ cup spread of your choice
- 1 cup of vegetables of your choice
- ½ cup beans or tofu
- Extra toppings, see below for ideas (optional)
- Salt and pepper, plus any additional spices you like, to taste
- A couple of handfuls of greens



### Directions

1. Cut your veggies into long thin strips or thin slices. If using tofu, cut it into small cubes.
2. Spread about two tablespoons of your choice of spread on one side of each tortilla, this will make it easier to wrap later than if you put everything in the middle.
3. Place half of your vegetables of choice on top of the spread, again on one side of the tortilla. Top each wrap with half the beans or tofu, then add any additional toppings you wish. Season with salt, pepper, and any additional seasonings, then add your choice of greens.
4. Now you are ready to roll your wrap. Start by folding the sides of the tortilla in, then roll the wrap away from you, using your hands to keep the fillings in as you roll. Once it is almost all the way rolled, you can tuck the sides in one more time, then finish rolling.
5. You can eat your wrap right away, or wrap it in parchment paper or aluminum foil and pack it for lunch out and about.

### Ingredient Table

- **Wraps:** large tortillas or flatbread, whole wheat, spinach, tomato, gluten-free, or any kind you like.
- **Spreads:** hummus, pesto, guacamole, mustard (use 2 teaspoons per wrap)
- **Tofu/beans:** garbanzo beans, black beans, raw or baked tofu, or other protein of your choice
- **Veggies:** carrots, bell peppers, cucumbers, radishes, tomatoes
- **Greens:** romaine or red or green leaf lettuce, spinach, red or green cabbage, baby kale
- **Extra Toppings:** ½ an avocado, sliced or smashed; ½ cup cooked grains, such as rice or quinoa; a couple of spoonfuls of salsa; a dash of hot sauce; pickles, olives, or pickled hot peppers, to taste.

### Our Favorite Combos:

- **Rainbow Wrap:** a wrap of choice, hummus, carrots, bell peppers, baked tofu cubes, avocado, red cabbage
- **Mediterranean:** tortilla or flatbread, hummus, cucumber, tomato, garbanzo beans, fresh or dried oregano, lettuce,
- **Spicy Tomato Wrap:** tomato or spinach wrap, smashed avocado or guacamole, tomatoes, protein of choice, lettuce, chili flakes
- **Veggie Burrito:** plain wrap, guacamole, black beans, rice, veggies of choice, salsa
- **Tofu Pesto Wrap:** whole wheat wrap, pesto, tofu cubes, carrots, cucumbers, bell peppers, pickles or pickled peppers, hot sauce (optional), greens of choice