Fresh Veggie Wraps

Oscar · 28/09/2024

Prep Time

8

Dificult

Medium

Servings

8 wraps

Description

These are perfect for a hot day Eat them for lunch dinner or snacks depending on your dietary needs Add veggies swap veggies or add seasoned rice or quinoa for a more filling wrap Great to make for parties as they are easy to make portable and require no immediate refrigeration

Ingredients

— - 1 ripe avocado - peeled

— pitted

— and diced - 1 tablespoon mayonnaise - ½ teaspoon salt - ½ teaspoon garlic powder - ¼ teaspoon onion powder - ? teaspoon cayenne pepper

— or to taste - 8 (8 inch) flour tortillas - 2 tomatoes

— diced - 1 cucumber

— sliced - 1 green bell pepper

— cut into strips - 1 head lettuce

— chopped - 1 (8 ounce) package fresh mozzarella cheese

— sliced

Instructions

1. Prepare spread: mash diced avocado
2. mayonnaise
3. salt
4. garlic powder
5. onion powder
6. and cayenne pepper in a bowl with a fork until well blended. Assemble wraps: spread tortillas with a layer of avocado spread. Place diced tomatoes
7. cucumber slices
8. bell pepper strips
9. lettuce
10. and mozzarella cheese slices onto each wrap
11. leaving about 2 inches of space at the bottom. Fold bottoms up. Roll tortillas over vegetables firmly to enclose fillings. Cook's Notes: Warm tortillas if desired (for flexibility)
12. though it should not be necessary if the wrap is big enough. Try a pizza version using pre-cooked pepperoni
13. green bell pepper
14. mushroom
15. onion
16. diced tomato
17. and mozzarella. No sauce required
18. though a thin layer of squeezable pizza sauce makes a nice addition. Having the ingredients set out in small dishes makes this a fun recipe for children
19. as they can put them together themselves.