



Mediterranean Wraps

Recipe by Nanelia Samuela

Summary

This recipe is a great cold meal for sabbath. ***Note that not all measurements are included because the amount of things you'd like on your wrap is up to you.*** Also, this recipe is vegetarian friendly but, you can add meats such as chicken or lamb if you'd like.

Ingredients

1 tortilla

2 tablespoons of hummus

Kale

½ cucumber

Cherry Tomatoes

Red Onion

Raisins

Olives

Feta Cheese

Olive Oil

Honey

Assembling

1. Start by chopping your kale until it is fine. Then, cut cucumber into small cubes, dice cherry tomatoes & onion, and slice olives. Pour kale, cucumber, tomatoes, & onion into a small bowl, pour 1 tablespoon of olive oil on along with, sea salt & black pepper. Mix until combined.
2. Lay your tortilla on foil or beeswax paper, spread on hummus, and add veggie mix to spread. If you are adding meat to this recipe, add on top of kale mixture. Add olives, raisins, and crumble feta cheese on top. Lastly, drizzle honey (optional).
3. Fold edges in and wrap into foil.

Serves: 1