

Veggie Wrap

1 flatbread or wrap of choice
¼ cup Cilantro-Edamame Hummus
½ cup shredded red cabbage
3 leaves lettuce, washed and trimmed
2 radishes, shredded
2 baby portabella mushrooms, diced
A few shreds of raw yellow or red onion



Why has it taken me so long to get with the wrap party? (ha, get it? “wrap party”, hahaha. I’ll see myself out.) Bad puns aside, it really did take me too long to see the value. I always thought wraps were just a less good sandwich. I saw them as the things that people who were watching carbs and wanted to eat veggies had for lunch. Well, now I’m watching carbs and eating more veggies. BUT, I’ve realized that if you put stuff you actually like to eat in a wrap, it’s pretty delicious. Thankfully, we have Mountain Sun to provide us with the most delicious veggies, and it’s easy to make something good with them.

My general philosophy on cooking is “Get the best ingredients you can and don’t mess them up”. Keeping all of the tasty vegetables raw and eating them together creates a cacophony of flavor that just makes the entire day feel awesome. Also, this wrap is unintentionally vegan, which in my opinion is the best kind of vegan. I like good food. If that food just so happens to adhere to a certain diet, well then that’s just a bonus!

There’s not really a recipe for putting together a wrap, but I do recommend putting the lettuce down first, with the cupped side up. Then do the hummus so that it’s contained in the lettuce cup. Then all the veggies in whatever order you want. Wrap up tightly, cut in half, and enjoy your lunch!