

Recipe

MEDITERRANEAN VEGGIE 'CHICKEN' WRAPS WITH TURMERIC HUMMUS



► ► Vegan, gluten-free, refined sugar-free, nut-free

Yield: 4 servings

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

INGREDIENTS: ROASTED VEGGIES

- 1 medium zucchini, sliced into 1 cm strips
- 1 medium eggplant, sliced into 1 cm strips
- 2 medium red bell peppers, sliced into 1 cm strips
- 1 red onion, sliced into 1 cm strips
- 1 Tbsp (15 mL) olive oil
- 1 tsp (5 g) garlic powder
- 1 tsp (5 g) onion powder
- 1 tsp (5 g) oregano
- 1/2 tsp black pepper, plus more to taste

INGREDIENTS: MOCK CHICKEN

- 200 g mock chicken (textured vegetable protein)
- 1 Tbsp (15 mL) vegetable or olive oil
- 1 Tbsp (15 mL) soy sauce
- 1 tsp (5 g) paprika powder
- 1/2 tsp cumin (optional)

DIRECTIONS

1. Preheat the oven to 400 F (205C).
2. In a large bowl gently toss the vegetables in olive oil, then sprinkle on the spices and toss until evenly distributed. Place on a large roasting pan and cook for about 30 minutes, until tender and lightly browned. Stir every 10 minutes to avoid burning and to ensure even cooking.
3. While the veggies roast, sauté the mock chicken with oil on a medium pan on high heat for about 3 minutes or until lightly browned.
4. Reduce the heat to medium-high and add the soy sauce, paprika powder and cumin and continue to sauté for another 3 minutes. Taste test and add more soy sauce, spices, salt or pepper to your liking. Set aside.
5. Distribute the wrap filling ingredients evenly over the wraps. Add the desired amount of mock chicken and roasted veggies and roll the wraps. Grill or microwave the wraps if desired to heat, or enjoy as is.

ingredients continued on next page...

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INGREDIENTS: WRAP FILLINGS

- 4 whole grain wraps (GF if desired)
- 3/4 cup (185 g) roasted lemon & turmeric hummus (or other hummus)
- 1/2 cup (125 g) muhammara, or sub for another spread or sweet chili sauce (optional)
- 1/2 cup (80 g) cooked chickpeas (optional)
- 1 medium roma tomato, diced
- 1/4 long English cucumber, diced
- 12 green olives, diced
- 1 cup (30 g) spinach

NOTES

1. Variations:

- add your own desired veggie fillings such as mushrooms, sun-dried tomatoes, or avocados.
- change up the spices with the roasted veggies by trying dried rosemary, ground cumin, paprika powder, dried basil, or Italian seasoning.
- vary the type of hummus - you can try roasted bell pepper, roasted garlic, avocado, basil, or beetroot hummus. The options are endless!
- don't have mock chicken? Substitute for plant-based falafels or enjoy them simply with hummus!

2. **Speed-it-up:** using store-bought hummus as opposed to the homemade variety will speed this recipe up.

3. **Leftovers:** you will likely have leftover roasted veggies left. These can be incorporated into future sandwiches, wraps, salads, or soups. Make this wrap again the next day and your meal will be ready in 5 minutes!

4. **Storage:** keep leftover roasted veggies in the fridge in an airtight container for up to 4 days.



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