



CHEF AT THE MARKET
October 17, 2009
“Children’s Day”



Veggie Wrap With Fresh Cheese Spread

Wrap: Choose any flavor of whole grain tortilla or wrap.

Veggies: Choose leaf lettuce or spinach, zucchini, yellow squash, red onion, roasted red pepper, green pepper, broccoli, radishes, carrots, or whatever is in season at your local Farmer’s Market. Finely chop, slice or shred your veggies to make the wrap easier to roll.

Cheese Spread: Mix 1/3 cup fresh cheese, like goat cheese with dill from your Farmer’s Market, with 2/3 cup light cream cheese in food processor. Add a little cream or milk to soften as you process. Add chopped fresh herbs, like dill or parsley, if you like. Blend thoroughly.

Put It All Together: Spread Cheese Spread on tortilla or wrap. Add vegetables, leaving 3/4” on each side to fold ends in and roll tortilla or wrap. Enjoy!