

Greek Salad Wrap

Yield: 8 servings

This Greek salad wrap makes a perfect vegetarian summer dish. The dressing can be prepared hours ahead and served at room temperature. If you are not a fan of raw onions, soak chopped onion in vinegar or lemon juice then drain them before adding back into the salad. This recipe is easily adaptable to gluten free by substituting the wrap for a gluten free option.

Recipe from Lori Clemon, Johnson County Extension Master Food Volunteer

Ingredients

Dressing

- 6 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon finely chopped garlic
- 1 teaspoon red wine vinegar
- 1/2 teaspoon dried oregano (1 teaspoon chopped fresh oregano)
- 1/2 teaspoon dried dill (1 teaspoon chopped fresh dill)
- Salt and fresh ground black pepper to taste

Salad

- 2 each red, yellow and 1 green bell peppers, chopped
- 1/2 cup diced red onion
- 1 pint grape tomatoes, whole
- 2 cucumbers (remove seed middles), dice
- 2 cups grated carrot
- 1/2 cup pitted kalamata olives, drained and coarse chopped
- Fresh basil and oregano, chopped, to taste
- 8 10-inch Sun-dried tomato or spinach wraps
- Prepared hummus
- Feta cheese, crumbled, if desired

Directions

1. Dressing: whisk all ingredients together in small bowl. Set aside.
2. Combine tomatoes cucumber, onion, bell pepper, carrots, olives, and herbs in a bowl.
3. Spread prepared hummus on wrap.
4. Divide salad between wraps and roll.
5. Serve dressing and crumbled feta cheese on side.

Nutrition Facts	
servings per container	1 (212g)
Serving size	1 (212g)
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1240mg	54%
Total Carbohydrate 51g	19%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 275mg	20%
Iron 3mg	15%
Potassium 259mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.