



JERSEY TASTES! RECIPES

Zucchini Hummus Wrap

INGREDIENTS

FAMILY-SIZE SERVES 2

- 1 zucchini, ends removed and sliced
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tomato, sliced or handful of cherry tomatoes
- 1/8 cup sliced red onion
- 1 cup kale, tough stems removed
- 2 slices white cheddar, chipotle gouda, or other favorite cheese
- 2 large tortillas
- 4 tablespoons hummus



SCHOOL FOOD SERVICE # PORTIONS: 24

- 2.5 lbs. zucchini or approx. 6 each medium; sliced length wise into strips
- 3/4 cup vegetable oil
- Salt & pepper; to taste
- 24, 10" or 12" inch, tortillas
- 3 cups or 1.5 lbs. hummus
- 3 lbs. cheddar, provolone or mozzarella cheese
- 12 cups kale, Approx. 2 bunches or 2 lbs.; stems removed, chopped
- 1/2 lb. red onion or approx. 1.5 each large; thinly sliced
- 1.5 lbs. tomatoes or approx. 5 each medium; thinly sliced

DIRECTIONS



01

Preheat grill, tilting skillet or oven to 400°F.

02

Toss zucchini* w/ oil & sprinkle w/ salt & pepper. Place sliced zucchini on grill or in tilting skillet or roast in oven. Cook for 5 minutes turning after 3 minutes. *Zucchini can also be eaten raw.

03

Heat tortillas for 30 seconds or until pliable.

04

Spread hummus** (2 tablespoons) on tortilla. Layer 1 slice cheese (2 oz.), zucchini slices (3 slices), kale (1/2 c), red onion (1 slice) & tomato slices (2-3 slices) on top.**Try using our Roasted Red Pepper Hummus recipe.

05

Fold bottom of each tortilla up about 2 inches & roll wrap tightly. Enjoy!



Fun Fact:

The largest zucchini ever recorded grew to be nearly 70 inches long and weighed 65 pounds!



PORTION SIZE: 1 Wrap

1 Wrap = 2oz. Meat/Meat Alternate; 2-3 Grain Equiv.;

5/8 cup Vegetables (1/4c Other; 1/8c Red-Orange; 1/4c Dark Green)

RECIPES MADE IN COLLABORATION WITH:

