



JERSEY TASTES! RECIPES

Zucchini Hummus Wrap

Fun Fact:
August 8th is
National Sneak
Some Zucchini
Onto Your
Neighbor's Porch
Day

INGREDIENTS:

FAMILY-SIZE

SERVES: 6

PORTION SIZE: 1 WRAP

- 3/4 lb. Zucchini or approx. 1.5 each medium; sliced length wise into strips
- 1/4 cup Vegetable Oil
- Salt & Pepper; to taste
- 6 each 10" Tortillas, whole grain
- 3/4 cup or 6 ounces Hummus
- 3/4 lb. Cheddar, Provolone or Mozzarella Cheese, shredded
- 3 cups Kale, approx. 1/2 bunch or 1/2 lb.; stems removed, chopped
- 6 each slices Red Onion, thin
- 3/4 lb. Tomatoes or approx. 1-2 each medium; thinly sliced

DIRECTIONS:

- 1 Preheat grill, tilting skillet or oven to 400°F.
- 2 Toss zucchini with oil & sprinkle with salt & pepper.
Place sliced zucchini on grill, in tilting skillet or
3 roast in oven. Cook for 5 minutes, turning after 3 minutes.
- 4 Heat tortillas for 30 seconds or until soft.

SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 1 WRAP

- 2.5 lbs. Zucchini or approx. 6 each medium; sliced length wise into strips
- 3/4 cup Vegetable Oil
- Salt & Pepper; to taste
- 24 each 10" Tortillas, whole grain
- 3 cups or 1 1/2 lbs. Hummus
- 3 lbs. Cheddar, Provolone or Mozzarella Cheese, shredded
- 12 cups Kale, approx. 2 bunches or 2 lbs.; stems removed, chopped
- 1/2 lb. Red Onion or approx. 1/2 each large; thinly sliced
- 1 1/2 lbs. Tomatoes or approx. 5 each medium; thinly sliced

Portion Size: 1 Wrap = 2 oz. Meat Alt.; 2.5 Grains; 1/4 c Veg/Dk. Green; 1/4 c Veg/Other; 1/8 c Red-Orange

- 5 Spread 2 tablespoons of hummus on each tortilla.
Layer 2 ounces (1/2 cup) cheese, 3 slices zucchini, 1/2 cup kale, 1 sliced red onion & 2-3 slices of tomato on top of hummus.
- 6 Fold bottom of each tortilla up about 2 inches & roll tightly.

RECIPES MADE IN COLLABORATION WITH:

