

Point Loma Hervey Branch Library

Lavash Pinwheel Wraps

- 1 package Lavash Flatbread
- Hummus, cream cheese, or a vegan soft cheese for spreading
- 1 hot house cucumber, sliced thin
- 1 5 oz. package Organic Girl Super Greens
- 2 carrots, shredded
- 2-3 roasted red bell peppers, sliced into one-inch slices
- Drizzle of oil and vinegar dressing
- Freshly ground sea salt and pepper to taste

Lay the flatbread on a cutting board and spread 2-3 tablespoons of hummus or cheese evenly over the farthest one half of the surface of one flatbread. Layer the vegetables on the other half, drizzle with oil and vinegar, season with salt and pepper then begin rolling the lavash away from you folding and tucking the vegetables in firmly. Seal the edges then and lay it seam side down on the cutting board. Cut the roll into 1-inch slices, arrange on a plate and serve.



Mock Tuna Salad

- 1 15 oz. can garbanzo beans, drained
- 3 celery stalks, diced finely
- ¼ cup vegan mayo
- ¼ red onion, diced finely
- 1/3 red bell pepper, diced finely
- ¼ bunch parsley, chopped
- ¼ bunch dill, chopped
- 1 tablespoon sesame tahini
- 1 clove garlic, minced
- Juice of two lemons
- Sea salt and black pepper to taste



Mash the drained garbanzos in a medium mixing bowl, add the chopped veggies and stir to combine. Combine the tahini, garlic, and lemon juice in a liquid measuring cup, mix well and pour over the mashed garbanzo beans. For best results chill the salad a few hours before serving to develop the flavor. Use like regular tuna salad in sandwiches, on crackers or cucumber rounds.

Special thanks to: Baron's Market on W. Point Loma Blvd. & Jensen's Foods on Catalina Blvd.

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