Who says a wrap has to be a big starchy thing that looks like a burrito and is loaded with fatty ingredients? We’ve reworked the concept to use an assortment of foldable edibles—rice paper wrappers, leafy greens, and sushi nori—that weigh in at a fraction of the calories of a tortilla. Filled with tasty combinations, these recipes let you liven up lunches without overloading on calories.

Ginger-Miso Yam Wraps

SERVES 4 | VEGAN

Tofu and edamame give these wraps plenty of protein. Feel free to substitute chard or flat-leafed kale for the collards.

1. Preheat oven to 400°F. Cut thin slice off both ends of yams, and poke skins with knife in several places. Bake 50 minutes, or until soft, turning once. Halve yams, and scoop flesh into bowl. Mash in miso and peanut butter.

2. Meanwhile, coat skillet with cooking spray, and heat over medium heat. Sautée shallot, ginger, and garlic 3 minutes, or until soft. Add edamame, ½ cup water, and cayenne; cook 3 minutes more. Remove from heat, and stir in tofu, cilantro, and yam mixture. Cool.

3. Place 1 collard green leaf on work surface. Spoon ½ cup yam mixture in center of leaf. Roll bottom edge over mixture; tuck in sides. Roll up to top edge. Place, seam-side down, and repeat with remaining ingredients.

PER SERVING (2 ROLLS): 179 CAL; 10 G PROT; 5 G TOTAL FAT (1 G SAT FAT); 25 G CARB; 0 MG CHOL; 302 MG SOD; 5 G FIBER; 8 G SUGARS
Mango-Avocado Rolls

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Vietnamese rice paper wrappers (also called bánh tráng) are easy to work with once you’ve moistened one or two and gotten a feel for how they soften up. You can also serve these wraps as appetizers by slicing them in half on the bias and serving them standing pointy-end up.

1. Combine avocado, lime juice, and lime zest in small bowl. Stir in bell pepper, cream cheese, green onions, cilantro, and chile sauce; set aside.

2. Fill large bowl (9-inch diameter) with warm water. Submerge 1 rice paper wrapper 10 seconds in water, or just until it becomes soft. Remove wrapper to flat work surface, and let rest 30 seconds; it will become more pliable.

3. Spoon scant ¼ cup avocado mixture just below middle of rice paper wrapper, leaving 1-inch border on either side. Top with ¼ cup alfalfa sprouts and 2 to 3 mango slices. Fold bottom of rice paper wrapper up over filling, pressing filling as you go. Fold both sides of rice paper inward. Gently press to seal. Roll up wrapper to top edge. Brush water on top edge, if necessary, to seal. Repeat with remaining wrappers, avocado, sprouts, and mango.

PER SERVING (2 ROLLS): 227 CAL; 6 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 37 G CARB; 0 MG CHOL; 129 MG SOD; 4 G FIBER; 11 G SUGARS

Nori, Egg, and Potato Rolls

SERVES 4 | GLUTEN FREE

Nori, the roasted sheets of seaweed used to make sushi, add a little extra something to a homey potato salad wrap.

1. Soak potatoes in cold water 15 minutes. Boil eggs 9 minutes; rinse and peel. Chop eggs, and transfer to bowl.

2. Drain potatoes, and toss with ¼ tsp. paprika. Heat oil in skillet over medium heat. Add potatoes, onion, celery, bell pepper, and oil to skillet. Cook 6 minutes, or until vegetables are crisp-tender.

3. Add mayonnaise, Dijon mustard, and paprika to skillet. Cook 2 minutes, or until heated through. Remove from heat.

4. Add nori to skillet. Cook 1 minute, or until nori turns slightly golden brown. Remove from skillet, and allow to cool slightly.

5. Assemble rolls: Spread mayonnaise on top of nori. Arrange potato mixture on top of mayonnaise, leaving 1-inch border on each side. Fold the nori to encase the potato mixture. Repeat with remaining nori and potato mixture.

PER SERVING (2 ROLLS): 225 CAL; 6 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 36 G CARB; 0 MG CHOL; 196 MG SOD; 4 G FIBER; 13 G SUGARS
Stir-fry potatoes 10 minutes, or until browned. Stir potatoes, onion, celery, bell pepper, mayonnaise, mustard, and remaining ¼ tsp. paprika into eggs. Season with salt and pepper, if desired.

3. Place 1 sheet nori on work surface. Spoon ½ cup potato mixture in center of nori sheet (shown opposite, A). Fold all 4 corners up (B), tuck in edges (C), and invert (D) to create a round package. Repeat with remaining filling and nori. Chill 20 minutes, or until ready to serve.

PER SERVING (2 ROLLS): 203 CAL; 8 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 20 G CARB; 212 MG CHOL; 148 MG SOD; 2 G FIBER; 2 G SUGARS

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**Raw Swiss Chard Veggie Wraps with Creamy Pecan Spread**

MAKES 6 WRAPS | VEGAN | GLUTEN FREE

This recipe uses both the leaves and the stems of Swiss chard. Soaked pecans make a creamy filling that’s packed with protein and antioxidants. For sturdier wraps, use a double layer of chard leaves.

**CREAMY PECAN SPREAD**

- 1 cup raw pecans
- 1 tsp. ground cumin
- 1 clove garlic, minced (1 tsp.)

**SWISS CHARD VEGGIE WRAPS**

- 6 large Swiss chard leaves
- 1 cup grated carrots
- ¼ cup thinly sliced red onion
- ¼ cup lime juice
- 2 Tbs. olive oil
- 2 small tomatoes, cut into wedges
- 1 small cucumber, peeled and cut into matchsticks

1. To make Creamy Pecan Spread: Place pecans in large bowl, and cover with cold water. Soak at room temperature 8 hours, or overnight.

2. To make Swiss Chard Veggie Wraps: Trim center ribs from chard leaves, set leaves aside, and dice ribs, like celery. Toss together diced chard ribs, carrots, onion, lime juice, and oil in bowl. Cover, and refrigerate overnight.

3. Drain pecans, reserving soaking water. Place pecans, ¼ cup soaking water, cumin, and garlic in bowl of food processor; purée 2 to 3 minutes, adding more water if needed for a creamy spread. Season with salt and pepper, if desired.

4. Place 1 chard leaf on work surface. Spread with 2 heaping Tbs. Creamy Pecan Spread, leaving 1-inch border on all sides. Spoon ½ cup carrot mixture down center of leaf. Top with 3 or 4 tomato wedges and 3 or 4 cucumber matchsticks. Roll chard leaf from bottom up into tight cylinder, tucking in sides as you go. Secure with toothpick. Chill 15 minutes, or store up to 2 days in fridge.

PER WRAP: 180 CAL; 3 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 8 G CARB; 0 MG CHOL; 36 MG SOD; 3 G FIBER; 3 G SUGARS

Food stylist Joyce Sangirardi cooked up a storm for this issue of VT. For her take on taverna cuisine, check out “Go Greek” on p. 50.

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