

## Super Green Veggie Goddess Wrap

PREP TIME: 45 minutes (+ 4 hours to let yufka dough rest)

TOTAL TIME: 60 minutes (+ 4 hours to let yufka dough rest)

Servings: 6 wraps



### Ingredients:

*Green Yufka Dough/Flour Tortilla (Adapted from Soframiz by Ana Sortun & Maura Kilpatrick)*

1 1/3 cup whole wheat flour, plus more for dusting

1/3 cup powdered spinach or kale (instructions below)

1 tsp sea salt

2/3 cup warm water

2 Tbsp extra virgin olive oil

### *Quick Pickled Red Onion*

1 medium red onion, peeled and sliced thin

1/4 cup apple cider vinegar

3 Tbsp water

3/4 tsp salt

### *Filling*

6 oz Havarti cheese, cut into 1 oz servings

1 1/2 cup messaged kale (+ 1 Tbsp olive oil and 1/4 tsp sea salt)

2 small zucchini, cut into thin slices and sprinkled with salt and pepper

1 large avocado, cut into 6 slices

### *Egg-Free Green Goddess Dressing*

1/2 cup Greek or Icelandic yogurt

2 Tbsp olive oil

1 Tbsp lemon juice

1 cup fresh basil leaves

1/2 cup fresh parsley leaves

2 Tbsp fresh tarragon, chopped

2 cloves garlic, chopped

1 tsp Dijon mustard

1/8 tsp sea salt

**Step 1 (powdered greens):** To make powdered greens, preheat oven to 200 degrees. Fill a baking sheet with raw spinach or kale and cook for 12-15 minutes flipping greens once halfway through the cooking process until lightly curled on the edges and crunchy. We allowed the greens to cool with the oven off and the door open to make sure all of the greens were fully dried out without over cooking and burning the greens. Once cooled, place in a zip lock bag and smash until you have a very fine powder. Remove any large stems from the bag and store in an air tight container.

**Step 2 (yufka dough):** To make the yufka dough mix the whole wheat flour, powdered greens, and salt together in a large bowl, then make a well in the center. Pour the warm water and olive oil in the center of the well and use your hand to combine the wet and dry ingredients until a soft dough is formed. Lightly dust a clean work surface with flour and knead dough for 2-3 minutes or until the dough ball is smooth and elastic. Place the dough back in a bowl with a little olive oil to coat to prevent the dough from sticking to the bowl. Cover with plastic wrap and allow to sit at room temperature for 4

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hours or overnight. This dough can be made a day in advance and stored in the fridge after a minimum of 4 hours sitting at room temperature. If stored in the fridge, remove the dough and allow to come to room temperature for 30 minutes. Cut the dough ball in half and divide each half into 3 equal pieces for a total of 6 small ~2 ounce dough balls. Dust a clean work surface with flour and roll each dough ball out as thin as possible, about 8-9" round. Use a seasoned cast iron pan or a non-stick pan set to medium heat to cook the yufka on one side until bubbles start to form and the bottom is slightly browned, ~2 minutes. Remove from the pan after the one side has been cooked and place on a plate or sheet pan with a layer of parchment paper on top. You only want to partially cook the yufka dough at this point. Over cooking or cooking both sides can make the yufka too crunchy and hard to work with. Continue to cook each yufka and continue to stack on top of one another with a piece of parchment paper in between each layer. The heat and steam of the cooked yufka will help to keep the wraps soft and pliable as they sit on top of each other. Once cooled to room temperature store cooked yufka in a large plastic bag, sealed.

**Step 3 (pickled onion):** Place sliced onion, apple cider vinegar, water, and salt in a bowl and toss to coat. Allow onions to marinate in the brine for at least 15 minutes or longer.

**Step 4 (messed kale):** Wash and de-stem, and chop the kale. Combine in a bowl with olive oil and sea salt. Use your hands to lightly message the kale until leaves are dark green and wilted.

**Step 5 (green goddess dressing):** Combine all dressing ingredients in a blender or food processor and mix on high until fully combined. Store dressing in an air tight container.

**Step 6 (the wrap):** Place one wrap on your work surface. Towards the bottom of the wrap (see picture below) add 1/4 cup messed kale, 2 thin slices of zucchini, 1 slice of avocado, and 1 oz of Havarti cheese. Drizzle with goddess dressing then tightly roll the wrap up. Repeat until all 6 wraps are made. If you do not intend to serve all the wraps right away, keep all ingredients separate and roll each wrap as needed.