

Wraps

Serves: 4 people

Preparation time: 10min



Wash your hands before you start cooking

Ingredients:

- 2 large tortillas
- 2 large lettuce leaves, washed and dried
- ½ cup low-fat cottage cheese
- 1 large ripe tomato, chopped
- ¼ red onion, chopped
- 1 small Lebanese cucumber, chopped
- 4 walnut halves

Method:

Warm tortillas in microwave for 20 seconds. Lay a lettuce leaf on each tortilla, then top with cheese, tomato, onion, cucumber and walnuts. Wrap one end of the tortilla enclosing the filling then fold over sides.

Variations

Sliced lean meats and chutney or sliced chicken and snow pea shoots may replace the cottage cheese.



Opal