

Greek Seitan Wrap



PREP TIME

35 mins

COOK TIME

10 mins

TOTAL TIME

45 mins



COURSE

Dinner, Lunch



SERVINGS

7

CALORIES

537 kcal

EQUIPMENT

- 1 pan
- 1 parchment paper

INGREDIENTS

For the seitan:

- 16 oz seitan cut into chunks
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 tsp garlic powder
- 1 tsp oregano
- Salt and pepper to taste

For the wraps:

- 7 large whole wheat wraps
- 7 cups mixed greens spinach, arugula, romaine, etc.
- 3 ½ cups sliced cucumbers
- 3 ½ cups cherry tomatoes halved
- 1 block Violife or Follow Your Heart vegan feta cheese

For the vegan tzatziki:

- 1 cup vegan unsweetened Greek yogurt
- ½ cucumber finely grated
- 2 cloves garlic minced
- 1 Tbsp lemon juice
- 1 Tbsp fresh dill chopped
- Salt to taste

INSTRUCTIONS

1. In a bowl, mix olive oil, garlic powder, vinegar, oregano, salt, and pepper. Coat the seitan with the marinade.
2. Preheat a grill pan over medium heat. Grill the seitan for about 3-4 minutes per side, or until they have some nice black char marks. Set aside.
3. In a bowl, combine vegan Greek yogurt, grated cucumber, minced garlic, lemon juice, and fresh dill. Add salt to taste. Mix well and refrigerate until ready to use.
4. Lay out the whole wheat wraps on a clean surface. Divide the mixed greens among the wraps, placing them in the center. Add the seitan, sliced cucumbers, and cherry tomatoes.
5. Crumble vegan feta cheese over the veggies.
6. Drizzle a generous amount of vegan tzatziki sauce over the fillings.
7. Fold the sides of the wrap over the fillings, then roll tightly from the bottom up to form a wrap.
8. You can grill the assembled wraps for 2-3 minutes on each side to make them crispy, or enjoy them as is.
9. Wrap them in parchment paper, then foil, and store in the fridge.

NUTRITION

Nutrition Facts

Greek Seitan Wrap

Amount Per Serving

Calories 537 Calories from Fat 144

% Daily Value*

Fat 16g **25%**

Carbohydrates 63g **21%**

Protein 32g **64%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!