

Green Goddess Wraps

The Vegan Gym · Lunch · Dinner · SF

752 cal · 61g protein · 64g carbs · 28g fat · 1 serving

Ingredients

- 1 large flour tortilla
- 4 oz seitan sliced
- 1 cup mixed greens
- ½ cup roasted vegetables (zucchini, tomatoes)
- ¼ cup roasted chickpeas
- Green Goddess sauce:
 - 2 tbsp tahini
 - 1 tbsp lemon juice
 - 1 clove garlic minced
 - 2 tbsp fresh herbs (basil, parsley)
 - 1 tbsp nutritional yeast

Instructions

1. Slice the seitan and pan-fry in a skillet over medium-high heat for 3-4 minutes per side until browned.
2. Roast diced zucchini and tomatoes at 400°F for 15-20 minutes. Roast chickpeas separately for 25 minutes.
3. Make the Green Goddess sauce: blend tahini, lemon juice, minced garlic, fresh herbs, and nutritional yeast until smooth.
4. Warm the tortilla in a dry pan or microwave for 15 seconds.
5. Spread Green Goddess sauce on the tortilla. Layer with mixed greens, cooked seitan, roasted vegetables, and chickpeas.
6. Roll tightly into a wrap and slice in half to serve.

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