

Cheddar Apple Wraps

Ingredients

YIELDS: 5 servings PREP TIME: 20 minutes

- 2 large apples (e.g., Cortland or Empire variety)
- 1 ¼ cups (300 mL) plain Greek yogurt
- ½ tsp (5mL) vanilla extract
- 5 large whole-wheat tortillas
- 1 ¼ cups (300 mL) cheddar cheese



EQUIPMENT: Cheese grater / 2 cutting boards / 2 knives / large plates for serving / mixing bowl (medium) / liquid measuring cup / set of measuring spoons / small plates for sampling / 2 spoons / strainer

Directions

- 1) Wash apples thoroughly under cool running water.
- 2) Cut apples into matchstick pieces. Do not peel.
- 3) Shred the cheddar cheese using a grater.
- 4) Add vanilla extract to the yogurt and stir well.
- 5) In a medium sized mixing bowl, combine apple matchstick pieces, grated cheddar cheese and the yogurt.
- 6) Lay the tortilla out on a cutting board.
- 7) Place the apple yogurt mixture down the centre of each tortilla, dividing it equally between the tortillas.
- 8) Roll the tortilla (try to roll it as tight as possible).
- 9) Cut into quarters.
- 10) Arrange on a plate and enjoy!

Chef's Tip



Matchstick pieces is a term that means chopping vegetables into thin, even strips. Julienne is another word to describe this chopping technique.

Let's Get Cookin'!

