

Tahini Wrap

Makes 2 servings

This high energy wrap is perfect for refueling during hikes or other summer fun. It's a great "leftovers" wrap. Ad lib according to what you have— nearly any vegetable will do: a variety of cheeses and/ or pieces of leftover meats give way for a lot of creativity. Tahini sauce goes great with everything!

Don't feel like cooking? The squash & other veggies are great raw. Choose squash that is moist & sweet, such as acorn or butternut.

- 1 medium potato, or 1 c. squash cooked, cut bite size
- 1 tsp. olive or canola oil
- kale or other greens, cut bite size
- ¼ small onion, chopped
- ½ cup Mr. Mobley's Tahini Sauce
- Optional: Field roast grain sausage or Isernio's lean Italian chicken sausage-cooked, crumbled.
- 2 whole grain wraps

Heat oil in skillet. Add potato/squash, onions and greens (sausage if desired). Sauté to heat through. Add Tahini sauce; blend well; fill wraps, roll & eat.

