



Rooks to Cooks' Veggie and Kale Caesar Wraps

Yield: 4 Wraps

Ingredients:

- **Roasted chickpeas**
 - 1 cans of chickpeas, drained and rinsed
 - ½ tbsp olive oil
 - 1 tsp garlic powder
 - ½ tsp pepper
 - ½ tsp salt
- **Roasted veggies**
 - ½ zucchini cut in to ½ inch chunks
 - ½ red pepper cut in to 1 inch strips
 - ½ small red onion cut in to quarters
 - 1tbsp olive oil
- **Dressing:**
 - 1 Large egg yolk, room temperature
 - 1 tsp Dijon mustard
 - 2 cloves garlic minced
 - 1 tsp white wine vinegar
 - ¼ cup olive oil
 - ¼ cup canola oil
 - 1 tsp Worcestershire sauce (5ml)
 - ¼ cup finely grated parmesan
 - Salt & pepper to taste
 - lemon juice to taste
- **Salad**
 - 1 small bunch of kale, cut into bit sized pieces
 - 1 x Roasted chickpeas
 - ¼ cup grated parmesan cheese
 - 1 lemons, cut into 4 wedges
 - ¼ cup bacon bits (optional)
- **Wraps.**

- 4 large white tortilla wraps

Directions:

1. To roast the chickpeas, preheat the oven to 450F and coat chickpeas in oil, salt, garlic powder and pepper. (**PARENTAL SUPERVISION RECOMMENDED**) Place on a parchment-lined sheet pan and roast in the oven for about 20 minutes, tossing halfway through cooking.
2. Peel and chop onion, chop zucchini. Wash kale and leave to dry.
3. In a medium bowl toss zucchini, red pepper and onion in 1tbsp olive oil, spread on a parchment lined sheet pan and bake for 20 minutes at the same time as your chickpeas. Turn off oven.
4. Prepare your dressing: In a small mixing bowl whisk the egg yolk, Dijon mustard, and minced garlic together. Add white wine vinegar. While whisking vigorously, VERY SLOWLY add the canola and olive oil in a thin stream. DON'T STOP MIXING.
5. When all oil has been added, add the Worcestershire sauce.
6. Fold in the finely grated parmesan cheese. Season to taste with salt and lemon juice.
7. If the dressing is too thick, add some lemon juice, 1 tsp at a time until the desired thickness is achieved. Alternatively, if the dressing is too thin, add more oil (slowly) until the desired thickness is achieved. Refrigerate until use.
8. Toss salad ingredients in a large bowl except for lemon wedges. Dress only the salad you wish to consume to your taste.
9. Gently warm wraps in oven, it will still be warm from earlier.
10. Divide salad and roasted veggies between 4 flour tortillas and wrap as directed by your chef.
11. Serve with a lemon wedge.

Equipment:

- Measuring spoons
- Measuring cups
- Sheet pan lined with parchment
- Small bowl
- Medium bowl
- Large bowl
- Microplane
- Whisk
- Tongs
- Cutting board
- Chef knife

Substitution:

- Nutritional yeast or vegan parmesan cheese for parmesan cheese
- 1 cup of Vegan mayo instead of:
 - 2 Egg yolks
 - 2 tsp dijon mustard
 - 2 tsp white wine vinegar
 - ½ cup olive oil
 - ½ cup canola oil
- Lemon juice for white wine vinegar
- Gluten free wraps instead of flour tortillas