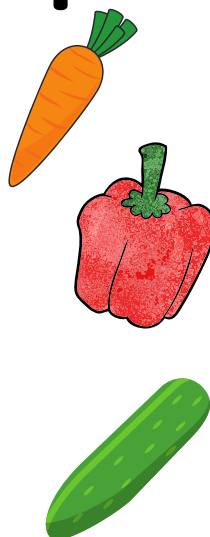


Mediterranean Zucchini Wrap

Ingredients

- 1 zucchini
- 2 slices red bell pepper
- 2 slices matchstick carrot
- 1 Tbsp roasted garlic hummus
- 1 sun dried tomato (half)
- 1 tsp feta cheese
- Toothpicks



Directions

Cut zucchini into sheet using the Kitchen Aid vegetable sheet cutter. Spread 1 Tbsp hummus on zucchini sheet. Cut up tomato and sprinkle on sheet. Add pepper slices and carrot sticks then sprinkle with feta cheese. Roll up and cut into 4 rolls. Add toothpick for serving. Makes 1 serving.

Source: K-State Research & Extension Sedgwick County

Zucchini: A Versatile Vegetable

- Zucchini can be enjoyed in many ways, for example:
 - Grated on top of a salad.
 - Sliced and cooked on the grill.
 - Spiralized and served like pasta.
 - Sliced thin and used as lasagna noodles.