

EMMENTALER VEGGIE WRAP

A wholesome vegetarian lunch or snack! Try it with Gruyère, Havarti, or Fontina for a variation.

Yield: 4 wraps or 16 - 20 individual servings

method:

- Prepare avocado sauce (recipe below).
- Spread approximately 1 tablespoon avocado sauce onto each tortilla; refrigerate remaining sauce.
- Evenly layer cheese, lettuce, cucumber and tomato onto tortillas and top with carrots and sweet corn.
- Tightly roll wraps, cut into individual-size servings and serve.

AVOCADO SAUCE

method:

- Combine all ingredients in a food processor and blend until smooth.



ingredients:

Wrap

- 4 whole wheat tortillas
- 4 ounces **Kaltbach cave-aged Emmentaler Switzerland AOC**, thinly sliced
- 4 leaves iceberg lettuce
- ½ cucumber, sliced
- 3 tomatoes, sliced
- 1 carrot, shredded
- 4 tablespoons sweet corn kernels

Avocado Sauce

- 3 ounces Mascarpone
- 3 ounces heavy cream
- 1 avocado, peeled, pitted and coarsely chopped
- 1 clove garlic
- Salt and pepper, to taste