

Cooke's Corner

Hi Everyone! Bob and Sherry Cooke here!

We have heard that there is a growing interest in the club for healthier eating options and requests for some ideas on how to get started. As some of you know, Bob and I are vegan. We started on this journey of health a few years ago and have learned a lot along the way. We hope we can share some tips and recipes with you to add to your pantry and weekly menus. We will be offering a weekly tip/recipe for vegetarian meal/snack/desert with vegan options should you choose to try. Most of our recipes will focus on low sodium, fat, refined sugars, and processed foods. We hope you will find the recipes will be easy and delicious.

First up: Meatless Mondays. There is a growing trend to decrease meat consumption for health and environmental reasons. Decreasing your meat (chicken, beef, fish) decreases you intake of saturated fats and cholesterol, thereby, decreasing heart disease, cholesterol, and obesity.

Bob's Veg Wraps

Ingredients:

Whole Wheat (8") Tortilla Wraps 1-2 per person

2 onions, sliced

2 pepper (red or green), sliced

2 zucchini, medium, sliced lengthwise into ½ inch wide pieces

2 portabella mushrooms or 8 oz box of your favorite , sliced

Hummus, your favorite purchased or homemade

Greens/romaine or spinach

Seasonings: salt, pepper, garlic powder, dried basil

Process:

Place all veggies in a bowl and toss with seasonings, and about 1 TBS olive oil if desired. You have a few options regarding the vegs. You may grill, oven roast, sauté or use raw. Either method is tasty and delicious. We love the grill option. Use a grilling pan or tray, preheat and spray lightly with cooking spray. Grill on medium for about 7-10 minutes.

Allow to cool to room temp.

If you oven roast or sauté, follow the same for cooking adjusting to your oven/range.

When veggies are cooled, spread each wrap with about 1 Tablespoon of hummus. Place a small handful of greens/ leave of romaine on wrap and top with about ½ cup of the veggies (more or less to taste). Wrap tightly and place seam side down on plate. Cut in half and enjoy.

****We also love using Braggs Aminos for low sodium no oil substitute.

**** Look for wraps low in sodium and fat. A good rule of thumb for sodium is try to equal the grams of sodium/serving to the calories/serving. It's not always easy with processed foods, but there are options out there!

*** The great thing about this recipe is no dairy or meat, so no refrigeration needed! Although stored in a cooler is recommended.