

Wraps/Sandwiches from Leftovers

These wraps and sandwiches breathe new life into leftovers.

Yield: 1 wrap or sandwich depending on amount of leftovers.

| The leftover | Wrap or sandwich |
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| Mashed sweet potatoes | Samosa wrap: combine sweet potato with frozen veggies and cumin and microwave for 30 seconds to thaw veggies. Spread wrap with mango or tamarind chutney, add potato/veggie mixture, roll up and then toast seam side in a frying pan (thanks to Nikki Vegan for this idea) |
| Veggie chili | “Refried” bean burrito: warm up chili while mashing the bean, add to wrap, top with vegan cheese, roll up then toast seam side in frying pan. Serve with corn or plantain chips |
| Mushroom meatballs in tomato sauce | “Meatball” hoagie: Split bread, spread with left over tomato sauce, top with mushroom “meatballs” and grill. |
| Grilled veggies (onions, sweet peppers, melongene/eggplant) | Veggie sandwich: Make a balsamic vinaigrette dressing with 1/3 balsamic vinegar and 2/3 olive oil and minced garlic. Toss veggies in dressing, pile into bread of your choice and toast |

