

# Garden Fresh Roll-Ups

*From the Kitchen of Delisa Renideo*

This recipe was inspired by Phil Eherenman and was originally called “Philbos.” It has become our fast-food of choice!

1. Start with a large leaf: Romaine lettuce, spinach, or Swiss Chard. (remove center stem, if desired)
2. Spread Cheesy Beany Spread (or other bean spread of your choice) lightly over the leaf. (Recipe for Cheesy Beany Spread is in the *Dairy Alternatives* section and the *Spreads, Sauces, Dressings & Dips* section.)
3. Sprinkle lightly with ground flax seed (optional, but good)
4. Sprinkle with veggies of your choice:
  - shredded carrots
  - salsa
  - sprouts
  - chopped onions
  - cilantro
  - shredded cabbage



5. Roll up the leaf, fasten with a toothpick, decorate with an edible flower if desired, and eat!

I usually mix salsa, chopped onions, and cilantro into the Cheesy Beany Spread before spreading, so then I just add sprouts and flax seed before rolling them up.

***Use your imagination! Be creative! Have fun!  
These are yummy and so good for you.***