



Cheddar Apple Wraps

YIELDS: 5 servings

PREP TIME: 20 minutes

Ingredients

- 2 large apples (e.g., Cortland or Empire variety)
- 300 mL (1 ¼ cups) plain Greek yogurt
- 5 mL (½ tsp) vanilla extract
- 5 large whole-wheat tortillas
- 300 mL (1 ¼ cups) cheddar cheese



Figure 1. Cheddar Apple Wraps

EQUIPMENT: 4 cutting boards | 4 knives | 2 spoons | strainer | large plate for serving | small plates for sampling

Directions

1. Wash apples thoroughly under cool running water.
2. Cut apples into matchstick pieces. Do not peel.
3. Shred the cheddar cheese using a grater.
4. Add vanilla extract to the yogurt and stir well.
5. In a medium sized mixing bowl, combine apple matchstick pieces, grated cheddar cheese and the yogurt.
6. Lay the tortilla out on a cutting board.
7. Place the apple yogurt mixture down the centre of each tortilla, dividing it equally between the tortillas.
8. Roll the tortilla (try to roll it as tight as possible).
9. Cut into quarters.
10. Arrange on a plate and enjoy!

CHEF'S TIP: Matchstick pieces is a term that means chopping vegetables into thin, even strips. Julienne is another word to describe this chopping technique.