

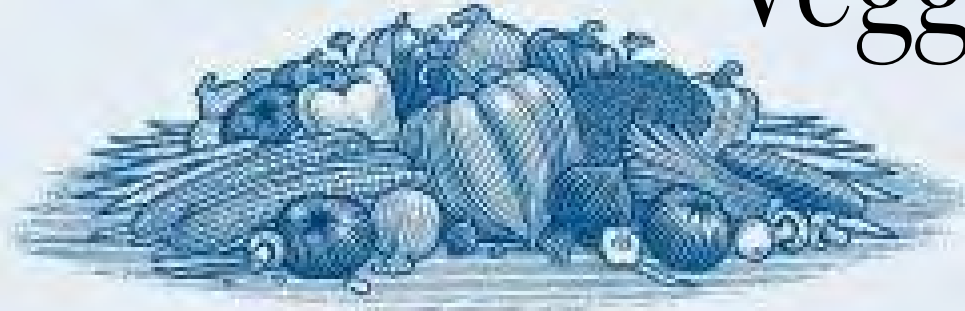
Cooking with the Club

by our own
Robert Larios



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Veggies Deserve Grill Time, Too

DIRECTIONS:



Step 1: Wash your hands, cutting board and utensils. We aren't using meat, but treat your ingredients like they are.



Step 2: Begin preparing your carrots, zucchini and onions by slicing them in long slices.



Step 3: Pour some extra virgin olive oil on the sliced vegetables and then sprinkle the salt and pepper over them.



Step 4: Place your prepared vegetables on the grill or oven.



Step 5: Place a piece of lavash bread over the cutting board and spread the tahini sauce over it.



Step 6: Place the grilled vegetables on the center of the lavash bread.



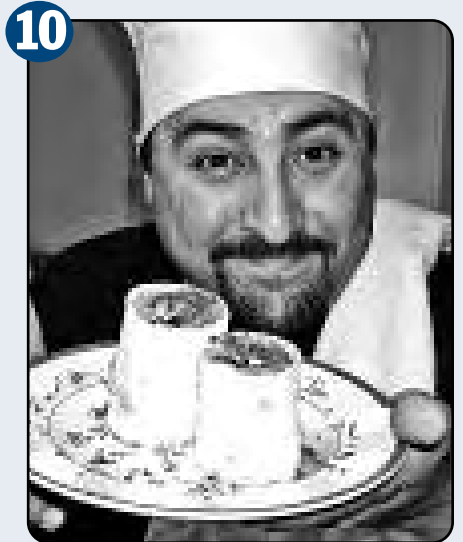
Step 7: Add the shredded cabbage, the sun-dried tomatoes, and the feta cheese.



Step 8: Roll up the lavash bread.



Step 9: You can have just as it is or cut it into smaller pieces for a nice plate presentation.



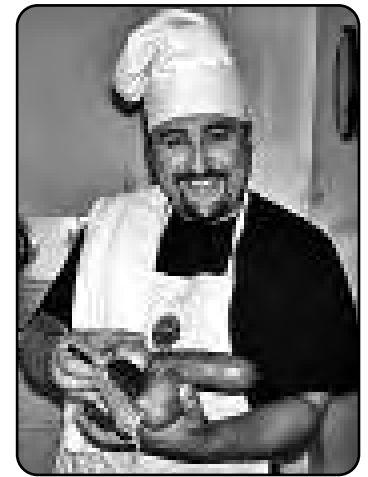
Serve and enjoy!

So many of us are used to grilling meats such as chicken, steak, hot dogs and hamburgers that grilling vegetables is often overlooked. But grilled vegetables are awesome. After grilling and even roasting, they seem to permeate a roasted/grilled flavor.

A favorite summertime meal for me is a vegetable wrap – it's something like a burrito, except it can be eaten hot or cold. You can use lavash bread, which has a similar texture and taste of a flour tortilla, or you can use a flour tortilla as your outer shell for the yummy grilled vegetables.

Although this recipe doesn't incorporate chicken, beef or seafood (though you can certainly add them), it's essential to maintain a clean cooking environment. Always rinse and dry your vegetables before slicing – it's still possible to contract a food-borne illness and even some sort of chemical poisoning if preventive cleaning measures aren't taken.

Lastly, if you're going to use bell peppers and jalapeños, please roast them until most of their outer surfaces appear burnt, and then quickly place them in a sealed paper bag. Leave them in the bag for about 15 minutes and then remove and begin to peel the outer skin – it's easier to do after they steam in the bag.



Roasted Vegetable Wrap

Makes approximately 2 servings

INGREDIENTS:

- Any vegetables you like. I used carrots; zucchini; onions; jalapeño; and green, red and yellow bell peppers
- 1/4 cup sun-dried tomatoes
- 1/4 cup shredded cabbage (add more if you like the extra crunch)
- 2 to 4 tablespoons tahini sauce (lightly coat one surface of the lavash bread)

- Salt and pepper to taste
- 1 to 2 tablespoons extra virgin olive oil (enough to lightly coat the vegetables)
- 1 or 2 large pieces of lavash bread
- 1/4 cup feta cheese (but you can add more)

