

Potato Wraps

Ingredients:

1½ – 2 medium-sized Red Potatoes, steamed
dash of Himalayan Salt (optional)

Wrap Filling

Lettuce
Avocado (omit if you want to keep this fat-free)
Tomatoes
Onions
Basil
Cilantro
Parsley

Directions:

1. **Steam and Cool Potatoes:** Steam the potatoes and cool them fully in fridge for 2 or more hours. (This is a very important step – they should be cool. Otherwise, they are too sticky to spread and this will ruin your wrap.)
2. **Grate Potatoes:** Grate potatoes with a fine grater. (It is key to use a fine grater to achieve the proper consistency of a wrap.)
3. **Form Wraps:** Spread the mixture on parchment paper. Make sure it's very thin, like a tortilla. You can shape them in a circle or square to your preference.
4. **Bake Wraps:** Bake on 440 degrees Fahrenheit for 15 to 20 minutes. Use a spatula to flip the wrap. Then, bake for 5 more minutes.
5. **Fill Wrap:** Use lettuce on the wrap before the other fillings to keep it from getting soggy. Fill with tomatoes, avocado, cucumbers, sweet red peppers, onions, cilantro, and sundried tomatoes.
6. **Variation:** For extra flavor put herbs into the grated potatoes and bake them with the herbs. Herbs to try include oregano, dill, sage, cilantro, parsley, basil, rosemary – but not all at the same time. Add sliced jalapeno for heat.