



The Micheff Sisters

"It's A Wrap" (6/8/16)

Samosa Wraps

Ingredients:

4 cups	small potatoes, boiled until tender firm, then diced
14-oz. package	water packed tofu that has been frozen for 24 hours and then thawed and squeezed to remove as much water as possible.
1 medium	onion, diced
1 Tbsp.	oil
2 cups	frozen petite peas
1 c small	fresh tomato, diced
½ tsp.	ground ginger
2 Tbsp.	fresh jalapeno, finely diced
½ - ¾ cup	water
Salt to taste	
3½ tsp.	curry powder
½ tsp.	ground coriander
1 tsp.	ground cumin
1/8 tsp.	cayenne pepper – or to taste
1 Tbsp.	fresh lemon juice
7 large	whole-wheat tortillas



Directions:

In a large skillet heat the oil and add the onion. Sauté until onions are clear and then add the tomato, diced jalapenos and ginger. Sauté another 2-3 minutes, then add the potatoes, tofu, peas, ½ cup of water, lemon juice, salt and spices. Cook until most liquid has evaporated. Remove from heat. Place 1 cup of potato mixture onto each of the 7 tortillas. Fold and place on a baking sheet that has been sprayed with a non-stick cooking spray. Spray the tops of the filled tortillas also. Bake in a 375 degree oven for about 10 min. or until browned. Turn each tortilla and bake another 10 minutes or until both sides are browned. Serve warm.

Yields: 7 large wraps

Cinda S. Sanner