



## Greek Feta Wraps

Makes 4 servings

### Ingredients:

- 4 10-inch whole wheat tortillas
- $\frac{3}{4}$  cup Feta cheese, crumbled
- 16 cherry tomatoes (approximately), sliced in half
- 10 black olives, sliced
- $\frac{1}{2}$  red onion, sliced thin
- 1 small yellow squash, sliced
- 1 cucumber, diced
- 2 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh parsley
- 1 clove garlic, minced
- 2 teaspoons olive oil
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

Directions: Remember to wash your hands.

1. In a medium bowl, combine all of the ingredients except for tortillas. Let stand for 20 minutes, stirring occasionally.
2. Drain off liquid and divide salad mixture among tortillas. Fold bottom of tortilla partially over filling and then roll up.

Nutrition Facts per serving: Calories - 267; Fat - 15 g; Sodium - 748 mg; Carbohydrates - 31 g.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station  
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

