

# Jamaican Vegetable Wraps

(Recipe by: Kathy Rohrbaugh, Shrewsbury- from [www.paveggies.org](http://www.paveggies.org))

## Ingredients:

- 2 tbsp. Olive oil (or Healthy Delights oil)
- 1 tbsp. Garlic – minced
- 1/2 cup Onion – sweet, chopped
- 1 tbsp. Curry Powder
- 3/4 cup Cauliflower – chopped
- 3/4 cup Broccoli – chopped
- 1/2 cup Carrots – shredded
- Sea salt – to taste Pepper – to taste
- 1/2 cup Tomatoes – chopped
- 1/2 cup Peanut butter – creamy
- 6 -8 Tortillas
- Sour Cream
- 2 – 3 Scallions – chopped

## Directions:

Heat olive oil in a large skillet over medium heat. Add minced garlic and chopped onions, cook and stir often until just tender. Stir in curry powder and cook about 1 minute. Add cauliflower, broccoli, carrots, salt and pepper. Cover and cook 4 – 5 minutes until vegetables are just cooked. Stir in tomatoes and peanut butter. Cook about 1 minute uncovered.

Fill tortillas and top with sour cream and scallion if desired.