

Apple and Sweet Onion Wraps with Greek Yogurt Mayo

Prep Time: 10 minutes Yield: 2 servings

Preparation:

1. In a small bowl, **COMBINE** the yogurt, lemon juice, and olive oil. Add salt and pepper to taste.
2. **SPREAD** mixture over tortilla(s) or flatbread and arrange apples, onions, and cheese.
3. **ROLL UP** and secure with a toothpick if necessary.

Note: Using a mandolin to ensure paper thin slices of apples helps to make wrap roll best.



Ingredients:

- 1 small Granny Smith apple, sliced thin
- 1/4 small sweet onion, such as Vidalia, sliced thin
- 3 slices thin sliced Cheddar cheese (low fat)
- 4 tablespoons plain Greek yogurt (nonfat)
- 1 teaspoon lemon juice
- 1/2 teaspoon olive oil
- 1/4 teaspoon each of salt and pepper
- 2 large tortillas or other desired flatbread



AMERICAN DAIRY
ASSOCIATION

Recipe courtesy of:
Florida Dairy Farmers
Floridamilk.com