



New York Goodwich

Servings: 4 servings

Ingredients

2 c. broccoli
1 c. cauliflower
4 tbs finely grated carrot
4 tbs finely grated cabbage
4 tbs finely grated squash
1/2 c. barbecued onions (recipe follows)
4 tortilla or pita
4 tbs mayonnaise
1 c. finely shredded lettuce
1 c. alfalfa sprouts
8 slices avocado (opt)
Salt, or favorite salt free seasoning

Directions

Cut broccoli into thin lengths. Break cauliflower into tiny florets. Place broccoli and cauliflower in vegetable steamer, cover and steam until veggies are tender crisp to your liking. Combine carrots, cabbage and squash.

Barbecued onions

2 tsp olive oil
1sm onion sliced
1/2 tbs favorite barbecue sauce

In skillet, heat oil. Add onion and sauté until it begins to soften. Add barbecue sauce and continue sautéing, stirring frequently until onion is thoroughly wilted.

Assemble the Goodwich:

In hot dry skillet, heat tortilla on both sides just until soft but not crisp. (If using pita, heat in oven. Combine all ingredients and stuff in pocket.) Spread each tortilla with mayonnaise. Add a line of broccoli down center. Crumble cauliflower and place a line of it on broccoli. Add a line of grated veggies, a line of barbecued onion. Top with lettuce, sprouts and avocado. Sprinkle with seasoning. Roll tortilla tightly around veggies. Wrap tightly with plastic wrap until ready to serve. Will Keeps well 1-2 day in refrigerator. Cut in half and push plastic wrap partially down, but leave one end closed to catch the drippings.

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