



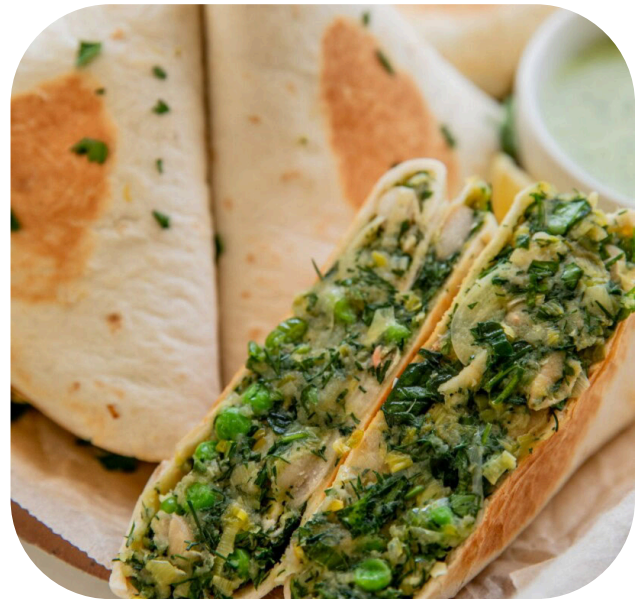
LEEK AND POTATO WRAPS

RECIPE AND INGREDIENT FACTS SHEET

ORIGINAL RECIPE FROM: CATHERINE, MS, RD
[HTTPS://PLANTBASEDRDBLOG.COM/2025/04/C
ARAMELIZED-LEEK-AND-POTATO-VEGGIE-
WRAPS/](https://plantbasedrdblog.com/2025/04/caramelized-leek-and-potato-veggie-wraps/)

What are Leeks?

- Leeks are a vegetable in the same family as onions and garlic. The portion that is eaten is the leaves, sometimes referred to as the stalk due to how the leaves grow
- They can be eaten cooked or raw.



Nutrition benefits of leeks

- Leeks are a good source of vitamin K. This vitamin is needed to aid in blood clotting.
- They are high in fiber. This assists in maintaining regular bowel movements, and supports a healthy digestive system.



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Recipe

Wrap Ingredients

- 1 medium russet potato, peeled and cubed into 1-inch pieces
- 2 tbsp extra virgin olive oil
- 2 leeks, cleaned, trimmed and thinly sliced
- 2 scallions, thinly sliced with white and green portions separated
- 6 large garlic cloves, minced
- 2 tbsp nutritional yeast
- 2 tsp za'atar
- 1 tsp ground coriander
- 1, 15 oz can cannellini beans, drained and rinsed
- 1 cup frozen peas, thawed
- 1/2 cup parsley leaves, minced
- 1/2 cup fresh dill, minced
- 2 cups spinach, chopped (optional)
- Zest of 1 lemon
- 4–5 large burrito sized flour tortillas

Sauce Ingredients

- Ingredients for the sauce:
- 1/2 cup unsweetened plant-based yogurt
- 1 tsp dijon mustard
- 1 garlic clove, grated
- 1 tbsp white wine vinegar
- Juice and zest of half a lemon
- 2 tsp maple syrup or more to taste
- 3 tbsp fresh dill, minced



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Instructions

1. Bring a pot of salted water to a boil or set up a steam basket. Add in your potatoes and cook them for 10 minutes or until tender and easily pierced with a fork.
2. Set a sauté pan over medium-low heat then add the oil to heat through. Add the leeks along with a pinch of salt then stir well to coat. Cook, stirring occasionally for about 8 minutes or until the leeks have softened and the ends start to caramelize.
3. Stir in the white portion of the scallions and garlic then continue to sauté for 2-3 minutes until fragrant. Add in the nutritional yeast, za'atar, and coriander and sauté together into the leek mixture for another 2 minutes.
4. Add in the beans and potatoes, giving a good stir to combine. Using the back of your spatula or a potato masher, lightly mash the mixture until it starts to hold together well. If the mixture feels dry, stir in a splash of water.
5. From here, fold in the peas, parsley, dill, remaining scallions, spinach, and lemon zest until everything is well combined. Taste and season the filling with extra salt as desired.
6. Cut a flour tortilla in half and spoon 3-4 tbsp of the mixture over top. With a spoon or your hands, press the mixture together and flatten it over the wrap leaving a 1 cm edge around the wrap without filling. Fold the exposed portion of the round edge up over the filling, then grab one pointed end of the wrap and fold over towards the fold you just made. Fold it once more towards the opposite pointed end to form a triangle. Tuck the naked ends of your wrap into the opening and repeat with the remaining tortillas and filling.
7. Take your folded triangles and place them in a heated skillet, seam side down, and toast for 2-3 minutes on both sides or until nicely golden and brown.
8. To make the sauce, add the yogurt, mustard, garlic, vinegar, lemon, maple, dill, and a generous pinch of salt to a blender cup and blend until smooth. Serve as a dip for the wraps and enjoy.