

Foodnity Recipes

Vegetable Wraps with Yogurt Mayonnaise

15 min	15 min	4
Prep time	Total time	Servings
Easy	**Mediterranean**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 8 large romaine lettuce leaves
- [ ] 1 cup red bell pepper, thinly sliced
- [ ] 1 cup cucumber, julienned
- [ ] 1 cup carrot, grated
- [ ] 1/4 cup fresh parsley, chopped
- [ ] 1/4 cup fresh dill, chopped

Yogurt Mayonnaise

- [ ] 1/2 cup Greek yogurt
- [ ] 2 tbsp mayonnaise
- [ ] 1 tsp lemon juice
- [ ] 1 tsp honey
- [ ] 1/4 tsp smoked paprika
- [ ] Pinch of black pepper

Instructions

1. Wash lettuce leaves, pat dry, and set aside on a clean surface.
2. In a bowl, combine Greek yogurt, mayonnaise, lemon juice, honey, smoked paprika, and pepper; whisk until smooth.
3. Toss bell pepper, cucumber, carrot, parsley, and dill with a splash of lemon juice and a pinch of salt.
4. Lay a lettuce leaf flat, spoon a generous amount of veg mixture, drizzle with yogurt mayo, and roll tightly.
5. Repeat for remaining leaves; serve immediately or chill briefly.

Nutrition per serving

180 kcal	7 g	15 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If lettuce leaves are torn, you can briefly dip them in ice water to restore flexibility.
- Adjust honey to taste if you prefer a less sweet mayo.
- For extra zing, sprinkle a tiny pinch of cayenne on the mayo.