

Anytime Toasties

Vegetarian



Serves

4-6

Cooking time



Veg per serve



2.5



Try adding baked beans, lean meat or leftover roast vegetables



Ingredients

- | | |
|-----------------------------------|----------------------|
| 1 red capsicum | Spray oil |
| 1 large sweet potato or ¼ pumpkin | Pepper |
| 1 cup baby spinach | 4-6 wholegrain wraps |
| 1 tomato | |
| 150g reduced fat cheese | |

Equipment

- Knife
- Chopping board
- Sandwich press
- Cup measures
- Grater
- Tongs
- Spatula



How to make it



1. Peel and thinly slice all vegetables. Grate cheese.



2. Spray sandwich press lightly with oil and turn on. Place capsicum and sweet potato or pumpkin on sandwich press, close lid and cook for 5 minutes or until soft.



3. For each wrap, place sweet potato or pumpkin, capsicum, tomato, spinach, cheese and pepper in the middle of the wrap.



4. Fold each of the four sides to form an enclosed parcel.



5. Cook toasties folded side down with lid closed for 5 minutes until lightly browned.



nom!

