

Recipe
Chapati Rolls

By
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Ingredients

- ¾ C carrot, shredded
- ½ C bell pepper, cut lengthwise
- 1 C lettuce, thinly sliced
- ½ C cucumber, peeled and shredded
- 3 Tbsp coriander leaves
- 2 Tsp fresh lemon juice
- ¾ Tsp Salt
- ½ Tsp ground black pepper
- ½ Tsp paprika
- ½ Tsp yellow asafetida powder
- 1 Tbsp olive oil
- 5 Chapatis
- 5 Tbsp cream cheese, softened

Preparation

1. In a mixing bowl, combine the first 5 ingredients. Divide into 5 parts.
2. In another small bowl, combine the lemon juice, salt, pepper, paprika, asafetida and oil.
3. Working with one chapati at a time, smear 1 Tbsp of cream cheese over it. Spread 1/5th of the dressing prepared and then lay one portion of the vegetables on the center of the chapati. Roll the chapatti and insert a toothpick to hold. Repeat the same for the remaining chapatis.

** You may use any left over chapattis you have in hand or make fresh ones. For this recipe, the chapatis needn't have ghee/butter on them as cream cheese is used.

** This recipe can be made with whatever raw vegetables you would like to have in your Rolls and also they are very quick to prepare.

Yield

5 Rolls

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