

RECIPES FOR THE ROAD — SPRING SERIES

# CRISP FLORIDA VEGETABLE GARDEN WRAPS

RECIPE CREATED BY:  
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## INGREDIENTS (SERVES 4)

- 1 large Florida tomato, cored and sliced thin
- 1 large or 6 small sweet Florida peppers, seeded and sliced thin
- 4 cups Florida arugula
- 1 cup Florida cucumber, sliced thin
- 1 cup your favorite cream cheese spread or use our hummus or pimento dip recipes
- 4 large sandwich wraps (your favorite)
- ½ lemon, to squeeze
- 1 teaspoon all-purpose seasoning blend
- Olive oil for drizzling

## PREPARATION

On a clean surface, lay out each of the four wraps. Spread ¼ cup of the flavored cream cheese, pimento dip or hummus on half of each wrap. Evenly distribute all the vegetables covering the other half of each wrap. Add an even amount of the arugula to each wrap. Lightly drizzle the vegetables with olive oil, seasoning blend and a little squeeze of lemon juice. Start to roll each wrap from the half that has the vegetables on it relative tightly toward the side that has the cream cheese or hummus spread. Continue this process until all four wraps are rolled and laying crease side down. Cut wraps in halves or thirds. Serve with vegetable chips.



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**CHOOSE LOCAL AND LOOK FOR THE FRESH FROM FLORIDA LOGO → WHEN BUYING INGREDIENTS.**



8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference! . . .

# RECIPE FOR SAFE DRIVING

## INGREDIENTS

(SERVES ALL ROAD USERS)

1 whole, undivided calm mind

1 well-maintained vehicle with functioning lights and signals

1 seatbelt per person, buckled

A dash of "Do Not Disturb" auto replies

Sprinkle of your favorite playlist

## PREPARATION

1. Preheat by allowing **extra time** for your trip.
2. Fasten your **seatbelt**.
3. Set your phone on "**do not disturb**" mode.
4. Start your **favorite playlist** before you start your drive.
5. Give other drivers **space**.
6. Allow your drive to simmer **under the speed limit** while continually staying attentive to other road users.
7. Allow yourself to cool and **arrive at your destination safely**.
8. Serve with sides of **compassion for others**.



### NEED INGREDIENTS?

Scan here for a list of custom "do not disturb" messages and chill playlists.



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