California Veggie Wrap

In California, we are blessed with an abundance of fresh fruits and vegetables, many available year-round. Ours is a very fertile state. I’m sure that plays a role in the great number of Californians who are vegetarian or even vegan.

I’m a carnivore, but I’ve learned that a meal can be complete without meat or even dairy. (I’d have a tougher time living without cheese than I would without meat.)

One of the greatest pleasures I get from writing the Bibliophile Mystery series is in widening my readers’ perceptions of some lifestyle choices that aren’t necessarily mainstream. Brooklyn Wainwright, the world-class bookbinder at the center of the series, grew up on a wine country commune, where her parents still live. Yes, her parents are aging hippies who used to follow the Grateful Dead on tour. But they’re also vintners and businesspeople who have made a successful venture of their commune’s vineyard. Yes, her sister Savannah is a vegan with a quirky, bald head, but she’s also a Le Cordon Bleu educated chef whose vegan dishes wow the San Francisco elite.

(She’s also the prime suspect in the death of her ex-boyfriend, an overbearing celebrity chef... but you’ll have to read A COOKBOOK CONSPIRACY to find out about that.)

This California Veggie Wrap is a simple and delicious explosion of plant-based flavor. And if you’re not ready to go completely vegan, even for one meal, you can add some cheese. I won’t tell!

California Veggie Wrap
4 6-inch flour tortillas
4 T cilantro pesto (recipe follows)
2 green onions with tops, sliced thin
¼ cucumber, sliced thin lengthwise
1 large avocado, sliced thin
1 small tomato, sliced thin
1 carrot, sliced thin lengthwise
4 sugar snap peas, sliced thin lengthwise
2 large strawberries, halved and sliced thin

Warm the tortillas in a dry pan over medium heat. Spread 1 T cilantro pesto on each, then top with the vegetables. Wrap and enjoy!
**Cilantro Pesto**

1 C fresh cilantro  
¼ C pecans, walnuts, or almonds  
1 clove garlic  
¼ t salt  
2 green onions, cut into chunks  
1 t fresh jalapeno, without seeds  
1 t lime juice  
¼ - 1/3 C olive oil

Place the cilantro through lime juice in a food processor. Pulse several times, scrape sides, then pulse again. Add the olive oil a little at a time until it reaches a spreadable consistency.

The cilantro pesto tastes great with pasta, tomatoes, and mozzarella cheese, or as the sauce on a pizza with Mexican ingredients.