

Ronto Wrap



Ingredients

Sauce:

- 1 medium cucumber
- 1 tsp salt
- 2 cups plain Greek yogurt
- 1 Tbsp lemon juice
- 3 tsp minced garlic
- 1 tsp dill
- 2 tsp black pepper
- 1 tsp fresh mint

Slaw:

- 1 bag coleslaw mix
- ½ cup sliced red onion
- 3 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 Tbsp olive oil
- 1 tsp basil
- 2 tsp sugar
- ¼ tsp salt
- ¼ tsp pepper

Wrap:

- 8 Italian sausages
- 8 pita breads

Utensils

- Measuring cups and spoons
- Cutting board
- Knife
- Cheese Grater
- Mixing Bowls
- Tongs



Recipe Instructions

Step 1: Prep

Prep your cutting station with a damp cloth and cutting board.

With a knife, slice red onion. Mince Garlic. Finely chop fresh mint.

With the cheese grater, grate cucumber.

Step 2: Sauce

Measure and combine all sauce ingredients into a mixing bowl. Stir to combine.

Place in refrigerator until ready to use.

Step 3: Slaw

Measure and combine all slaw ingredients into a mixing bowl. Use tongs to mix.

Place in refrigerator until ready to use.

Step 4: Grill

Use a frying pan on the stove, or a grill outside to cook the sausages.

Internal Temps:

- Chicken sausage=165°
- Pork Sausage=145°

Warm pitas on the stove or grill.

Step 5: Assemble

Take your warm pita and spread the sauce onto it.

Place sausage on top.

Use tongs to top with slaw.

Step 6: Enjoy

Enjoy!

If saving for later, keep all ingredients separate. Store in an airtight container in the refrigerator for up to 4 days. Once ready to eat, rewarm pita and sausage and assemble.



Scan this QR code with your phone to check out our Easy Eats for Every1 YouTube Channel!

Kitchen Safety Tips:

Use a cutting glove while using the knife and the cheese grater.

Make sure to notify anyone in your home that you will be using the stove/grill.