

Lentil Cranberry Wrap

- 4 [whole wheat](#) wraps
- 1 c [homemade cranberry sauce](#) (or store-bought)
- 1 c [brown lentils](#), simmered for 25 minutes in slightly salted water
- 5 oz [goat cheese](#) (or more if you are feeling generous)
- 1/3 c [pecans](#), lightly roasted for 8 minutes at 300 degrees
- 4 t Dijon mustard
- 4 t olive oil
- 4 handfuls [arugula](#), [spinach](#), [watercress](#) or lettuce of your choice
- sea salt and freshly ground pepper

Amounts are not exact. I used 1/3 cup of cranberry sauce, about 1 oz of goat cheese and 1/3 cup of cooked lentils for each wrap. Coat each of the wraps with goat cheese. Spread a line of cranberry sauce down the center, pecans, a line of lentils. Drizzle on 1 teaspoon of olive oil. Top with a mound of arugula. Sprinkle on a little salt and pepper.

Roll the wrap slowly, parallel to the line of cranberry. Wrap tightly in parchment paper to hold the ingredients together. Slice in two right through the paper to divide into sandwich wrap halves. Peel the parchment down slowly as you savour, bite by bite.