

Grilled Veggie Burrata Wraps: Easy, Healthy & Flavorful

Grilled Veggie Burrata Wraps: Fresh Flavors, Effortless Enjoyment



OVEN
425°F

TIME
4-6 min

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INGREDIENTS

1 medium zucchini, sliced into $\frac{1}{8}$ -inch rounds or half-moons
1 red bell pepper, sliced into strips
 $\frac{1}{2}$ red onion, sliced into thick rings
1 tbsp olive oil
Salt & black pepper to taste
2 large wraps or flatbreads (such as whole wheat tortillas, lavash, or large flour tortillas)
1 ball burrata cheese (about 4-8 oz), torn into several pieces
1 cup arugula or baby spinach
1 tbsp balsamic glaze (optional, but highly recommended for flavor)
Fresh basil leaves (optional, for garnish)

DIRECTIONS

1. Prepare and Grill the Veggies: Preheat your grill to medium-high heat, or preheat your oven to 425°F (220°C) if roasting. In a large bowl, toss the sliced zucchini, red bell pepper, and red onion with 1 tablespoon of olive oil, and season generously with salt and black pepper. If grilling, place the seasoned vegetables directly on the grill grates and cook for 4-6 minutes per side, or until tender with nice grill marks and a slight char. If roasting, spread the vegetables in a single layer on a baking sheet and roast for 15-20 minutes, flipping halfway, until tender and slightly caramelized.
2. Warm the Wraps: While the vegetables are cooking, gently warm your wraps or flatbreads. You can do this in a dry skillet over medium heat for 30-60 seconds per side until pliable, or wrap them loosely in foil and warm in the oven for a few minutes.
3. Assemble the Wraps: Lay each warm wrap flat. Distribute the grilled vegetables evenly down the center of each wrap. Carefully tear the ball of burrata cheese into several pieces and place them over the vegetables. Add a generous handful of fresh arugula (or baby spinach) and a few fresh basil leaves (if using) on top.
4. Finish and Serve: Drizzle the assembled wraps with balsamic glaze if desired. Gently but firmly fold in the sides of the wrap, then roll it up tightly from one end to the other. Serve your Grilled Veggie Burrata Wraps immediately, warm or at room temperature.

SWAPS & NOTES

What I particularly love about this recipe is the incredible contrast of textures and flavors.

The smoky sweetness of the grilled vegetables beautifully complements the cool, creamy richness of the burrata .

The fresh arugula adds a fantastic peppery bite, and the balsamic glaze ties everything together with a tangy sweetness.

It's light enough not to weigh you down, yet hearty enough to feel like a complete meal.

TIPS FOR SUCCESS

Don't Overcrowd the Pan/Grill: When grilling or roasting vegetables, give them space.

This ensures they caramelize and char rather than steam.

Grill Marks for Flavor: Achieving a nice char on the vegetables adds a depth of smoky flavor that makes this wrap truly special.

Warm the Wraps: Warming the wraps makes them more pliable and easier to roll without tearing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/grilled-veggie-burrata-wraps-easy-healthy-flavorful/>