

Roasted Vegetable Wrap

Serves: 4

Ingredients

Cooking spray	2 tsp. olive oil, divided
3 large mushrooms, washed, and sliced into ½-inch strips	Salt and freshly ground pepper to taste
1 medium zucchini, thinly sliced	1 tsp. minced garlic
1 medium red bell pepper, seeded and cut into ¼-inch strips	2 tsp. minced fresh rosemary (or ½ tsp. dried and crushed)
1 medium yellow onion, sliced into ½-inch rounds	2 large whole-wheat tortilla wraps
	2 Tbsp. reduced-fat cream cheese

Preheat oven to 375 degrees. Spray two baking sheets with cooking spray and set aside.

In a large bowl, gently toss mushrooms, zucchini, red pepper, and onion with oil, salt, pepper, garlic, and rosemary. Arrange coated vegetables in a single layer on the two baking sheets. Roast until vegetables are tender, about 15 minutes. Set cooked vegetables aside.

To assemble the wraps, spread 1 Tbsp. cream cheese over each tortilla, enough to thinly cover one side of the bread completely. Next, divide roasted vegetables evenly between the two tortillas. Roll up wraps, starting at bottom. To keep filling from pushing forward, keep pulling the rolled part toward you; this also helps to make a firm roll. Wrap the roll in plastic wrap and refrigerate 4 to 24 hours.

To serve, cut into 2-inch slices.

Per serving: 240 calories, 6 g total fat (2 g saturated fat), 37 g carbohydrates, 10 g protein