

## MLT Wrap

*Recipe Courtesy of the Mushroom Council and Flatout Wraps*

Preparation Time: 10 to 20 minutes

Cooking Time: 20 minutes

Serves: 4

- 4 large Portabella mushrooms, sliced (or 8 ounces white button mushrooms, quartered)
- 2-3 tablespoons olive oil
- 1 teaspoon salt-free steak seasoning
- Salt, to taste
- 1/2 cup low-fat mayonnaise
- 2 teaspoons fresh minced ginger
- 2 cups fresh baby spinach
- 2 small tomatoes, thinly sliced
- 4 Flatout wraps

This recipe can be prepared on the grill or stovetop.

Brush Portabella strips with olive oil and sprinkle with steak seasoning and salt, to taste.

If grilling: preheat grill. Once grill is hot, cook Portabella strips until deep brown, about 10 minutes. Turn and grill until golden, another 6 to 8 minutes.

If sautéing: heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Flip mushrooms and cook about 5 minutes more, until other side is same color.

While mushrooms are cooking, warm tortillas on the grill in foil or lightly grill for just 20 seconds. If you are cooking inside, warm wraps in a dry skillet. Stir mayonnaise and ginger together and divide among tortillas, spreading to cover; top with spinach and tomato slices. When mushrooms are done, slice in to thin strips and sprinkle with more steak seasoning, if desired. Place mushrooms on tortillas and roll into a wrap.

### Nutrition Facts per serving:

		<u>Daily Value</u>
Calories	342	
Calories from Fat	175	
Total Fat	21g	33%
Saturated Fat	3g	14%
Trans Fat	0g	
Cholesterol	10mg	4%
Sodium	736mg	31%
Total Carbohydrate	35g	12%
Dietary Fiber	7g	28%
Sugars	7g	
Protein	10g	19%
Vitamin A		40%
Vitamin C		20%
Calcium		5%
Iron		6%