



## MLT Wrap

Recipe courtesy of the Mushroom Council and mushroominfo.com

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

½ 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

Serving Size (217g)

Servings Per Container

Amount Per Serving

Calories 330 Calories from Fat 180

% Daily Value\*

Total Fat 20g 31%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 460mg 19%

Total Carbohydrate 31g 10%

Dietary Fiber 2g 8%

Sugars 5g

Protein 7g

Vitamin A 15% • Vitamin C 15%

Calcium 6% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Each serving provides: 330** calories, 20g fat (31% Daily Value), 2.5g saturated fat (13% Daily Value), 10mg cholesterol (3% Daily Value), 460mg sodium (19% Daily Value), 2g dietary fiber (8% Daily Value), 7g protein, 15% Daily Value for vitamin A, 15% Daily Value for iron, 15% Daily Value for vitamin C, 6% Daily Value for calcium, 2% Daily Value for vitamin D, 15% Daily Value for potassium, 16% Daily Value for selenium