



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 60g
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