

M&J Wraps

INGREDIENTS

4 large portobello mushrooms, sliced (or 8 oz white button mushrooms, quartered)

2-3 tbsp olive oil

1 tsp salt-free steak seasoning

Salt, to taste

4 wraps

2 tsp fresh minced ginger

½ cup low-fat mayonnaise

2 cups fresh baby spinach

2 small tomatoes, thinly sliced

1. If grilling: Brush mushrooms with olive oil and sprinkle with seasoning and salt. Once grill is hot, cook mushroom strips until deep brown, about 10 minutes. Turn and grill until golden, another 6-8 minutes.
2. If sauteing: Sprinkle mushrooms with seasoning and salt; 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 the same color.
3. Meanwhile, warm wraps on the grill in foil or in a dry skillet. Stir ginger and mayo together and divide among wraps; top with spinach and tomatoes.
4. When mushrooms are done slice them into thinner strips (sprinkle with more seasoning, if desired) and place in wraps.

Yields 4 wraps

Source: Source: The Mushroom Council and Flatout Wraps