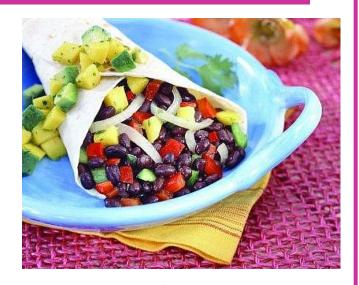


Bean and Veggie Wrap

Ingredients:

- 4 (8 inch) whole wheat tortillas
- 2 cups sliced mushrooms
- 1 medium onion, cut lengthwise in half, then cut crosswise into thin slices
- 15 oz. black beans, cooked, drained, rinsed
- 4 cups fresh spinach leaves
- 1/4 cup feta cheese







Directions:

- 1. Heat tortillas as directed on package.
- Meanwhile, spray 10" skillet with cooking spray; Over medium heat cook mushrooms and onion in skillet about 4 minutes, stirring frequently, until onion is crisp-tender.
- 3. Stir in beans; heat through. Stir in spinach; remove from heat. Divide bean mixture among tortillas and top with feta cheese. Fold tortilla burrito style.