

# Portobello Mushroom Wrap

## Ingredients:

- 1 portabella mushroom
- 1 red bell pepper, chopped
- 1 tbsp. red onion, chopped
- ½ cup romaine lettuce, shredded
- 1 medium tomato, chopped
- 1 cucumber, chopped
- 2 whole wheat tortillas
- ½ tsp. fresh basil, chopped
- 1 tsp. ground black pepper
- 1 tsp. balsamic vinegar
- 2 tsps. extra virgin olive oil
- ¼ tsp. salt



## Nutrition Facts

Serving Size 1 wrap (304g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 240</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 7g	
<b>Protein 7g</b>	
Vitamin A 45%	• Vitamin C 110%
Calcium 4%	• Iron 10%
*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	



## Directions:

1. Drizzle vegetables with olive oil, salt and pepper and roast on a baking sheet at 450 degrees.
2. Place roasted vegetables on tortillas, top with chopped tomato, lettuce and cucumber and drizzle with balsamic vinegar.
3. Sprinkle salt and pepper and chopped basil. Fold burrito style and slice at an angle.

For more recipe information contact the Living Whole Employee Wellness Program at (909) 651-4007 or email [livingwhole@llu.edu](mailto:livingwhole@llu.edu).