

Vegan Roasted Vegetable Wrap

Roasted Vegetables

2 oz	Red Bell Pepper-Diced
2 oz	Green Bell Pepper-Diced
1/2oz	Yellow Onion-Diced
1 1/2oz	Zucchini Squash-Diced
1/2oz	Yellow Squash-Diced
1/2oz	Fresh Mushrooms-cut half lengthwise
1/2oz	Fresh Basil-chopped
¼ tsp	Fresh Garlic-minced
1/8 tsp	Balsamic Vinegar
1/8 tsp	Salt
1/8 tsp	Ground Black Pepper
1/8 oz	Olive Oil

Toss prepared vegetables with Basil, Garlic, Vinegar, Salt, Pepper and Oil. Spread on a sheet pan evenly and roast in a 425 degree oven for 10-15 minutes, or sauté in a skillet on the stove top until vegetables are tender. Cool and set aside for later use.

Vegan Vegetable Wrap

2 each	12" Flour Tortilla
6 oz	Roasted Vegetables (see above)
6 oz	Packaged Salad Lettuce Mix
2 2/3oz	Fresh Tomatoes-sliced ¼" thickness

Prepare roasted vegetables according to directions above.

To build wrap:

Mound 3 oz shredded lettuce mix on tortilla, leaving 1" border around edge. Top lettuce with 3oz roasted vegetables. Top with 4 slices tomatoes. Roll the wrap "burrito style," ending with seam down. Cut wrap in half and place on the plate for a pretty presentation.

View more great
Basic Pantry recipes
and info online!

[www.louisville.edu/
healthpromotion](http://www.louisville.edu/healthpromotion)

