



Roasted Vegetable Wraps

Serves: 4 servings

Preparation: 20 minutes

Cooking: 10 minutes

Ingredients

5 whole-wheat tortillas
1/3 vegan mayo
1 recipe of roasted vegetable filling
1/2 Soy curls or 8 ounces firm tofu, cut into 1/2 inch cubes
1/3 cup water
1 tsp mushroom powder (optional)
1 tsp nutritional yeast (optional)
1 tablespoon Bragg Liquid Aminos
1 medium bell pepper, diced
1 medium red onion, cut into 1/2 inch wedges
1 medium zucchini, cut lengthwise and then into 1/4-inch slices (optional)
1 cup broccoli, cut into small pieces
1/4 pound fresh mushrooms, sliced



Sweet and Sour Marinade

1 tablespoon Bragg Liquid Aminos
1 tablespoon honey or other liquid sweetener
1 teaspoon lemon juice
1 teaspoon sea salt

Directions

- To prepare roasted vegetable filling, in a saucepan or microwave-safe container, combine soy curls with water and seasonings. Bring to a boil and let stand for 10 minutes. If using tofu, omit water and coat with same seasoning.
- In a separate bowl, combine all marinade ingredients and mix well.
- Set oven to broil. Add vegetables to Sweet and Sour Marinade and mix to coat vegetables. Drain excess. Add Spread mixture in lightly oiled sheet pan or large casserole dish. Boil uncovered for 5 to 10 minutes or until crisp-tender.
- Place tortillas one at a time in preheated skillet over medium-high heat for about 30 seconds.
- Spread one tablespoon of Simple Mayo down the center of each tortilla, followed by $\frac{3}{4}$ cup of vegetable filling. Add lettuce if desired.
- Fold up the bottom and roll up the sides to make a wrap.
- Serve immediately. May also be served chilled or microwaved for a few seconds to warm.

NUTRITIONAL DATA PER SERVING (1/3- $\frac{1}{2}$ cup): calories 244.92 | fat 8.39g | saturated fat 3.21g | cholesterol 0mg | sodium 592.29mg | carbohydrates 38.62g | fiber 6.36g | sugars 3.54g | protein 8.37g