

Grilled Veggie Wrap-Vegan

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 4
Calories per serving: 277
Fat per serving: 8.8 grams

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Ingredients

- 15 asparagus spears, touch ends removed, cut into 2 inch pieces
- 2 portobello mushrooms caps, sliced
- 1 red bell pepper, sliced
- 1 red onion, sliced
- 6 ounces firm silken tofu
- 1/4 cup raw cashews
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon low sodium mustard
- 1 clove garlic, minced
- 4 cups arugula
- 4 large whole grain tortillas or wraps
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Instructions

1. Preheat grill to medium. Place vegetables in a grilling basket. Grill with lid closed, stirring every 5 minutes until lightly browned and tender.
2. Vegetables may also be roasted in the oven. Preheat oven to 400°. Place asparagus, mushrooms, bell pepper and onion on a lightly oiled baking tray. Bake, stirring occasionally, for 25 minutes or until vegetables are tender.
3. To make the dressing, blend tofu, cashews, vinegar, mustard in a high-powered blender. Stir in minced garlic.
4. Heat tortillas in the microwave for 30 seconds. Spread the desired amount of dressing on each tortilla, then top with the arugula and roasted vegetables. Roll up tightly and slice in half.
5. Leftover dressing can be refrigerated and saved for another use.

Notes

Nutrition facts (per serving): Calories: 277, from fat: 87, total fat: 8.8g, cholesterol: 0mg, sodium: 178mg, total carbohydrate: 38g, fiber: 8.6g, sugar: 4g, protein: 14g.