

Mushroom and Asparagus Wrap

Yield: 4 wraps

Amt.	Meas.	Ingredient
1	tbsp	olive oil
8	oz	fresh mushrooms(preferably shiitake and/or oyster), cleaned and chopped
8	oz	fresh asparagus
2	tsp	minced garlic
		salt and pepper
1/2	cup	sharp provolone, shredded
4	ea	10" flour tortillas
1	cup	hummus
1	cup	mixed lettuce

Method:

1. In a saute pan, heat oil then add mushrooms and asparagus.
2. Cook, stirring occasionally, until mushrooms are softened and asparagus is tender.
3. Add garlic and season with salt and pepper to taste.
4. Lay tortilla on a plate and sprinkle with a quarter of the cheese. Heat in microwave about 25 seconds to warm tortilla and melt cheese. Alternatively, place tortilla on a griddle or pan to melt cheese.
5. Repeat using all tortillas and cheese.
6. Divide mushroom and asparagus mixture over tortillas.
7. Divide hummus over tortillas.
8. Divide lettuce over tortillas.
9. Arrange all items in a line across the center over the tortilla, leaving an inch or so on the sides.
10. Fold in the two sides and then fold the bottom over using it to shape the wrap, then roll over the top.
11. Can be messy, so enjoy carefully!