



Lentil Wraps

Ingredients	Directions
<ul style="list-style-type: none">• 6 small whole wheat tortilla wraps• 2 tablespoons olive oil• 2 cloves garlic, minced• 2 green onions, finely chopped• 1/2 pound fresh mushrooms, sliced	<p>STEP 1:</p> <p>Heat the olive oil in a saucepan over medium heat, and saute the garlic, onions, and mushrooms 5 minutes, until lightly browned.</p>
<ul style="list-style-type: none">• 1 (15 ounce) can brown lentils• 2 Tbsp balsamic dressing	<p>STEP 2:</p> <p>Mix in the lentils, and cook 2 minutes, just until heated through. Mix in the balsamic dressing at the end.</p>
<ul style="list-style-type: none">• 1/2 cup feta cheese, crumbled• 1/2 cup chopped tomatoes	<p>STEP 3:</p> <p>Fill each tortilla with a portion of the lentil mixture, and top with feta cheese and tomatoes. Fold and enjoy!</p>

Dietitian's Tips

- An excellent way to use up leftover vegetables in the fridge is to chop and top your wrap with them.
- To lower the sodium of your wrap, be sure to rinse the lentils with a sieve before adding them to your saucepan.

Nutrition Guide

high fibre
source of iron

low fat
source of protein