

# Portabella Mushroom Wraps

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*À la California style, this wrap is filled with layers of flavor that fuse together well. If you haven't tried quinoa, this is a great recipe to start with. Quinoa is an ancient grain from South America. It was a staple for the Incas.*

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|-----|--|-----|---|
| 1   | tablespoon extra-virgin olive oil        | 1/2 | cup uncooked quinoa   |
| 1/3 | cup soy sauce                            | 8   | ounces reduced-fat cream cheese, room temperature                             |
| 1/3 | cup Merlot or any red wine               | 1   | 7-ounce jar sun-dried tomatoes, drained                                       |
| 1/3 | cup balsamic vinegar                     | 4   | 10-inch whole-wheat tortillas (or other designer flavor, such as garlic-herb) |
| 1   | tablespoon garlic powder                 | 2   | cups fresh baby spinach, washed and dried                                     |
| 1   | teaspoon crushed red pepper              |     |   |
| 2   | medium-size portabella mushrooms, sliced |     |   |

Combine the oil and the soy sauce, wine, vinegar, garlic powder, and red pepper; add the portabella mushrooms. Cover and marinate overnight in the refrigerator.

Combine the marinated mushrooms and 1/2 cup water in a medium-heavy saucepan. Bring to a boil; add the quinoa; reduce heat, cover, and simmer 15 minutes. Remove from heat; stir, cover, and let stand 5 minutes.

Meanwhile, blend the cream cheese and tomatoes in a food processor on medium speed until smooth. (Alternatively, finely chop the tomatoes and stir them into the softened cream cheese.)

To prepare the wraps: spread the cream cheese mixture evenly over the tortillas. Top with 1/4 cup of the cooked mushroom-quinoa mixture and 1/2 cup of the spinach leaves.

Tuck in the upper and lower edges of the tortilla and roll it into a cylinder. Serve warm.

SERVES: 4

Hands-on time: 15 minutes

Cooking time: 15 minutes

Standing time: 5 minutes

## SUBSTITUTION

Substitute brown rice for the quinoa; increase the simmer time to 35 minutes

## VARIATION

Add drained, chopped artichoke hearts to the filling mixture.

## NUTRITION PER SERVING

Serving size	1 wrap
Calories	420 kcal
Fat	13 g
Saturated fat	2 g
Cholesterol	5 mg
Sodium	1,360 mg
Carbohydrates	62 g
Dietary fiber	8 g
Protein	20 g