

# Spinach Mushroom Wrap

## Ingredients

1 tablespoon olive oil  
8 ounces fresh white mushrooms, sliced  
1 teaspoon minced garlic  
2 10-inch whole wheat or spinach flour tortillas  
1/2 (one-half) pound fresh spinach, trimmed and steamed  
1 plum tomato, diced  
1/2 (one-half) cup shredded part-skim mozzarella cheese

## Method

Preheat oven to 350 degrees. In a large skillet over medium-high heat, heat oil. Add mushrooms and garlic. Cook and stir until the mushroom liquid has evaporated, about five minutes. On each tortilla arrange layers of spinach, tomato, mozzarella and cooked mushrooms. Roll up and place seam-side down in a lightly oiled baking dish. Bake uncovered until hot and cheese is melted, about 10 minutes. Cut each tortilla crosswise into quarters. Serve hot or at room temperature with a mixed green salad, if desired. Serves two as main dish or six as appetizer.