



Super Veggie Wrap

1 cucumber (280 g), peeled and thinly sliced
2 small zucchinis (236 g), thinly sliced
2 carrots (120 g), peeled and thinly sliced
4 large white mushrooms (90 g), chopped
4 green onions (100 g) chopped
1 clove garlic, chopped

Low protein tortillas

In a small bowl, combine all vegetables. Place $\frac{1}{2}$ cup of the chopped vegetable mixture evenly across the center of a tortilla. Roll up the tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch wide sections to serve.

Variation: Add 1 Tablespoon salsa to each wrap

Per wrap: 22 mg phe
Per recipe: 335 mg phe



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