

## Vegetarian Sandwich Wrap



### Makes:

4 servings, ½ wrap per serving

### Utensil:

10" Chef's Gourmet Skillet

11" Square Griddle

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### Recipe:

### Contributed By:

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Professional athlete, firefighter

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### Recipe Description:

A plant-based diet is one of the best things you can do for your heart. And you don't have to sacrifice taste. This flavorful wrap has the perfect combination of delicious, easy, filling and it is heart-healthy.

3 ounces  
spinach, chopped  
(85  
g)

### Directions:

1. Preheat oven to 450°F/232°C.
2. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, about 4-5 minutes, place onion into skillet and sauté until translucent, about 4-5 minutes. Add bell pepper and continue to sauté for another 2-3 minutes. Add mushrooms and corn and continue to sauté for another 2-3 minutes. Remove from heat and set aside.
3. Spread a layer of hummus on the 2 tortillas.
4. Place sautéed vegetables, beans, poblano strips and spinach onto tortillas, dividing evenly. Roll into a burrito.
5. Place rolled burrito on griddle, seam-side down. Remove the griddle handle and bake for 8-10 minutes, until warm.
6. Slice wraps in half and serve warm. Top with guacamole and salsa if desired.

### Tips:

- Substitute green chilies for poblano pepper.
- Guacamole and salsa are a wonderful accompaniment for these wraps.

Nutritional Information per

▼ Serving

**Calories:** 246

**Total Fat:** 7g

**Saturated Fat:** 1g

**Cholesterol:** 0mg

**Sodium:** 489mg

**Total** 37g

**Carbs:**

**Dietary Fiber:** 10g

**Sugar:** 5g

**Protein:** 12g

Guacamole and salsa are not included in nutritional analysis.