

Grilled Vegetable Quinoa Wraps

Prep Time: 15 minutes
Cook Time: 12 minutes
Total Time: 27 minutes

Yield: 4
Serving Size: 1 wrap
Calories per serving: 241
Fat per serving: 8

Ingredients

- 4 whole wheat or gluten free wraps
- 1 red onion, sliced thin
- 1 red pepper, cut into ½ inch strips
- 1 small zucchini, cut into 1 inch rounds
- 1 tablespoon extra virgin olive oil
- 1 cup cooked quinoa
- 1 cup alfalfa sprouts (or sprout of choice)
- 1 cup baby spinach
- ¼ cup spicy sauce

Spicy Sauce

- ½ cup Greek Yogurt or Tofu Mayo
- 1 tablespoon Sriracha
- 2 tablespoons Dijon mustard
- 2 teaspoons minced garlic
- ½ teaspoon fresh ground black pepper
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Instructions

1. Heat an indoor grill to medium high heat. In a medium bowl toss red onion, red pepper and zucchini with olive oil. Grill for 6 to 8 minutes per side, or until tender and lightly browned.
2. Heat tortillas in a dry skillet until they are pliable. Spread 1 tablespoon spicy mayonnaise on each tortilla. Top with spinach, sprouts, ¼ cup quinoa and ¼ of the vegetables. Fold the bottom 1/3 of the tortilla over the vegetables and roll up tightly. Cut in half on the diagonal and serve.
3. Sauce: Combine ingredients in a small bowl and whisk together. Store in the refrigerator until ready to serve.

Notes

Servings 4, Calories 241, Fat 8g, Carbohydrates 34.4g, Protein 15.7g, Cholesterol 1mg, Sodium 517mg, Fiber 11g, Sugars 5.2g, WW Points 6

Nutritional Information uses 100 calorie wrap

<http://www.cookingquinoa.net/grilled-vegetable-wrap>