



Portabello Wrapped Sandwich

From *Harriet's Kitchen*

This was taught in the “It's a Wrap!” and was a big hit. Hope you like it. It's great for quick fun meals, or as an appetizer for parties.

INGREDIENTS

6 pieces Garden of Eating "Thin Thin Wrap" Flatbread
2 large Portabello Mushroom, sliced and sauteed in olive oil
2 cups Caramelized Onions,, slice half moons and saute over low flame for 30 minutes
1 cup Shredded Carrot
Lemon Garlic Dressing
1 cup lightly steamed Arugula, Watercress, Spinach or Bok Choy

Lay out each piece of flatbread and construct your wrapped sandwich, layer by layer, horizontally across the middle. First layer the dressing, then mushrooms, green veggies, onions top with carrot and roll, folding in sides first, and roll up nice and tight. Pick up and enjoy, or slice and serve.

Lemon Garlic Dressing

8 oz. tofu
1/4 cup water
2 Tbl. lemon juice
1 Tbl. mustard
2 Tbl. olive oil
1 Tbl. finely minced Garlic

Mix in a blender until smooth. Adjust the flavors to suit.

Alternative:

Instead using carrots and onions, try using lightly seared or grilled zucchini slices and scallions with the portabelllo mushrooms. And you can substitute hummus for the dressing.