

Lentil Wraps

Ingredients:

- * 1/2 lb lentils
- * 6 oz shitake mushrooms, chopped
(remove & discard stem)
- * 3/4 cup fresh, whole wheat bread crumbs
- * 2 tsp Dijon mustard
- * 1 cup chopped onion (or Cajun Trilogy)
- * Seasoning to taste



Directions:

Combine and cook all ingredients till soft, then mash. Use lentil/mushroom mixture to stuff lettuce leaf, or wrap of choice. Top mixture (before rolling) with mild goat cheese and fresh pico de gallo (tomato, onion, cilantro). Roll lettuce leaf around fillings...and enjoy!

This recipe can serve as a “spreadable” base for any type of wrap. Add available fresh veggies to lentil mix or as topping.

The lentils provide an excellent source of protein and fiber while the shitake mushrooms have been long prized for their therapeutic benefits.