

DRESSINGS



Italian Veggie Wrap



BAY VALLEY
F O O D S

Italian Veggie Wrap

1 Serving

INGREDIENTS:

AMTS:

PROCEDURE:

NUTRITION (Per serving)

Portobello mushroom cap

1 (about 3-inch diameter)

Combine vegetables and 3 oz. dressing in bowl; mix well.

Bell peppers, seeded, sliced
(combination of red, yellow, green)

2 oz. (approx. 1/2 cup)

Grill vegetables until tender, brushing occasionally with dressing remaining in bowl.

Summer squash, sliced
(combination of yellow, green)

2 oz. (approx. 1/2 cup)

Arrange grilled vegetables on warm tortilla. Drizzle with reserved 1/2 oz. dressing; roll up.

Rod's® Deluxe Italian Dressing, divided

3-1/2 oz.

Cut wrap diagonally in half to serve.

Flour tortilla, warmed

1 (burrito-size)

580 calories

7 g protein

46 g carbohydrate

4 g fiber

42 g fat

6 g saturated fat

0 mg cholesterol

1320 mg sodium

CHEF'S TIPS:

- Serve additional dressing on the side.
- Other fresh vegetables such as Japanese eggplant, asparagus, onions, etc. may be substituted.
- To serve as an appetizer, cut wrap diagonally into 8 pieces; secure each with wooden pick.



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