

# HOMEMADE CRUNCH WRAPS WITH HIDDEN VEGGIES

Preparation: 40 minutes | Cooking: 25 minutes | Servings: 6

## INGREDIENTS

8 slices American cheese singles  
8 whole wheat tortillas  
1 stalk broccoli  
2 cups shredded carrots  
2 cups brown mushrooms  
1 cup sharp cheddar cheese, shredded  
1 cup sour cream  
1 cup black beans, low sodium  
1 cup southwestern or homemade guacamole (optional)

1 cup organic baby spinach, loosely packed  
1 cup veggie chips  
1/4 cup red onions, chopped (optional)  
1/4 cup cherry tomatoes, halved  
4 tablespoons extra virgin olive oil  
1/2 teaspoon kosher salt



## INSTRUCTIONS

Preheat oven to 400 degrees. Chop the broccoli and mushrooms into thin slices. In a bowl, add the chopped broccoli and mushrooms. Add salt and 2 tablespoons of olive oil. Transfer to a baking tray, and roast veggies for 15 minutes or until slightly browned. Let them cool for a few minutes before blending them. While the veggies are cooking, mix the sour cream and carrots; set aside. Blend the veggies until they are well-blended. Add the guacamole and black beans. Blend until it's in paste form. Set aside. Warm up one tortilla, and place it on a flat surface. Place one American cheese slice first. Add 2 tablespoons of broccoli mixture. Top with about 4 veggie chips. Add a layer of baby spinach. Top with 1 teaspoon of onions and a couple tomatoes. Finally, top with the cheese. Heat a grill on high, and spray it with organic olive oil spray. While the grill is heating, fold the tortillas. Start by folding the edges upward and bringing them to the center. Hold down the center while you fold. Place the crunch wrap on the grill with the folded side down. Grill each side for about 2 minutes or until charred. Repeat this process for the remaining seven tortillas.