

Panini Wraps

Recipe By *Elky Friedman*



Cooking and Prep:  07
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Serves:  4

Contains:   

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami
Magazine

It's hot out, we've been at the pool for a few hours, or sitting outside watching the kids play in the yard or in the park...or we're running late from work or rushing home from an appointment...and we just don't feel up to cooking a meal for our families. I have the perfect solution! This one is a hit in our house, and it will be in yours too. It was inspired by my friend Devorah, who always loved to order this when we went out to eat in the country (and probably still does). It also solves my "not-in-the-mood-to-cook" issue big time! Though I like it with these veggies, you can use different ones to suit the picky eaters.

Ingredients (6)

Main ingredients

- whole-wheat wraps
- fresh spinach leaves
- portabella mushrooms, sliced
- 1 small red onion, thinly sliced

shredded mozzarella cheese

Italian seasoning, for sprinkling

Start Cooking

Make the Wraps

1. Spread the shredded cheese on each wrap. Then top with the spinach, mushrooms, red onion, and Italian seasoning. Fold the filled wrap in half.
2. Place in a panini maker or sandwich maker. Close and let cook for three to five minutes, depending on how well-done you like it. Enjoy!