

## Grilled BBQ Mushroom Rollups



### INGREDIENTS

- 1 lb. (16 oz.) baby portabella mushrooms - 2 (8 oz.) containers
- 1 medium red onion, chopped
- 1 cup apple cider vinegar
- ½ cup honey
- 2 Tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. chili powder
- 1 tsp. salt
- 2 Tbsp. Worcestershire sauce
- ¼ cup no-salt-added tomato paste
- ¼ cup cheddar cheese, shredded  
(\*omit cheese)
- 1 cup cilantro, chopped
- 12 small, whole grain, flour tortillas



### DIRECTIONS

1. In a medium size bowl, combine vinegar, honey, lemon juice, paprika, chili powder, Worcestershire sauce, and tomato paste. Whisk with a fork until completely combined. Add mushrooms and onions and push them down in the marinade until covered. Refrigerate for at least 30 minutes; longer is better.
2. When finished marinating, remove from marinade and set liquid aside. This may be used to flavor cooked grains or salad dressings.
3. Heat a skillet to medium heat and add mushroom mixture. Sauté for 5-7 minutes, until onions are translucent. Remove from heat.
4. Place ½ cup of the mixture down the center to each tortilla, sprinkle with crumbled cheese and chopped cilantro, and roll.
5. Heat a griddle/grill to medium-high heat. Carefully place seam side of the tortilla roll down against the hot grill. Grill until crisp and then turn. Continue to turn until all sides are golden brown and crisp. If tortilla is sticking, then a small amount of oil can be brushed onto the outside of the tortilla prior to grilling.

### NUTRITION FACTS *12 servings*

Calories: 230	Total Carbohydrate: 37 g
Fat: 6 g	Dietary fiber: 5 g
Sodium: 290 mg	Protein: 7 g