

Recipe adapted from Weight Watchers.



Portabello Wraps

- 1 t olive oil
- 2 portabello mushrooms, stemmed and cut into 1/2" slices
- 1 onion, sliced
- 1 red bell pepper, seeded and sliced
- 2 T water
- 1 T balsamic vinegar
- 1/2 t salt
- 1/4 t fresh ground black pepper
- 4 whole wheat pitas
- 1 c mozzarella cheese, shredded

Preheat the oven to 400F. In a large skillet heat the oil. Add the mushrooms and onions and cook over medium-high heat until tender, about 6 minutes. Transfer to a separate dish.

In the same skillet, combine the bell peppers with 2 T of water and cook stirring frequently until tender and golden. Add the balsamic, salt and pepper and stir together. Remove from the heat and add to the sautéed onions and mushrooms.

Next place all of the veggies onto the pitas on a baking sheet. Top with mozzarella cheese and bake for 5 minutes, or until cheese is melted. Serve immediately.