

## Healthy Recipe of the Month: July

### Vegetable Tortilla Wraps

*Submitted By: Tina Savoie*



Add chicken to this recipe for a Chicken Fajita pizza!

#### Ingredients:

1 chopped white onion  
1 green pepper, diced  
Mushrooms chopped  
Spinach, fresh chopped  
Sea salt and ground pepper to taste

1 red pepper, diced  
1 yellow pepper, diced  
Garlic, minced or chopped  
Shredded cheese,

#### Prep/ Time :

1. Heat oil in the sauté pan before adding ingredients.
2. Add in white onion and peppers. Stir together for a few minutes.
3. Add in garlic and spinach to taste.
4. Add mushrooms and spinach. Sauté for 5 to 10 minutes, stirring occasionally.
5. Tortilla wrap can be heated as directed.
6. Add cheese, heat up in oven for 5 minutes to melt.
7. Enjoy!

***Do you have a favorite healthy summer recipe you would like to share with us?  
Send your recipe and a photo to [ThePulse@milreg.org](mailto:ThePulse@milreg.org).***