

Steak Wraps

with feta, onions and mushrooms

Servings: 4

Ingredients:

- 8 oz. of cooked *steak*, cut into thin strips
- 1 medium *onion*
- 8 oz fresh *mushrooms*, sliced
- $\frac{1}{2}$ package mixed *bell pepper strips*
- 2 tsp. *Dijon mustard*
- $\frac{1}{8}^{\text{th}}$ tsp *white pepper*
- 1 tsp. *garlic powder*
- 2 oz. *feta cheese*, crumbled
- $\frac{1}{2}$ head of *romaine*, cut into strips (about 3 oz.)
- 4 10-inch *flour tortillas*
- *Uncle Dan's Ranch* (1 Tbl. per wrap)

Directions:

1. Make Uncle Dan's Ranch Dressing mix ahead of time, using package directions, but use ALL light sour cream, NO mayo.
(This makes a perfect vegetable dip for carrots, celery, etc. In fact, it's what I always use when I make a veggie tray for entertaining).
2. Broil the steak 5- to 8-minutes on each side depending on desired doneness. Remove from broiler, and cut into thin strips.
3. Meanwhile, sauté *onion*, and *mushrooms*, over medium heat until onion is partly done (7 to 8-minutes), add pepper strips, garlic powder, pepper and Dijon, and cook another 2 to 3-minutes. Add the feta, and mix it in.
4. Warm the tortillas following the package directions.
5. Cut and wash *romaine* (I use an Oxo Salad Spinner to dry it).
6. Put one warm tortilla on each of four plates and top with $\frac{1}{4}$ of the vegetable mixture, and $\frac{1}{4}$ of the steak strips. Top with romaine and 1 Tbl. of Uncle Dan's. Fold into a wrap, and enjoy!

Nutrition:

(Serving size: one wrap)

calories: 472	protein: 32.2g	total carbohydrate: 52.3g	total fat: 15.4g
sugars: 9.1g	sodium: 1053mg	saturated fat: 7.0g	dietary fiber: 4.9g