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# KITCHEN CONNAISSEUR

## *Mediterranean Veggie Wrap*



*Recipe by Marc Chartrand*

Serves 4

4	Tortilla wraps
2 Tbsp	<b>Basil Flavoured Walnut Oil</b>
1 Tbsp	<b>Balsamic Vinegar (Modena)</b>
4 tsp	<b>Roasted Red Pepper Sauce</b>
4 tsp	<b>Pesto Sauce</b>
1	Red onion, sliced thinly
8 oz	Mushrooms, sliced thinly
1/2	Red pepper, sliced thinly
1/2	Yellow pepper, sliced thinly
1/2	Orange pepper, sliced thinly
To taste	Salt and pepper

### *instructions*

1. Heat pan over med high heat, add Basil Flavoured Walnut Oil and onions with a dash of salt and cook for 3-4 minutes until softened, stirring regularly.
2. Add mushrooms and saute until softened; about 3-4 minutes;
3. Add a good crack of pepper and toss in the rest of the peppers and cook until soft but still somewhat crunchy, 2-3 minutes. Deglaze pan with Balsamic Vinegar.
4. Add the Pesto Sauce and Roasted Red Pepper Sauce and toss all items to coat; taste and add salt and pepper if necessary.

To serve: Place mixture into each wrap and serve with mixed green salad.