

Artichoke and Spinach Wrap

Recipe adapted from www.oceanmist.com

INGREDIENTS:

- 1 can (15 oz.) artichoke hearts, drained
- 2 whole gluten-free wraps
- 8 slices cheese alternative (optional)
- 1 red bell pepper
- 1 cup baby spinach, packed
- Salt and pepper

PREPARATION:

Wrap artichoke hearts in paper towels. Squeeze out liquid and coarsely chop. Set wraps on work surface. Lay cheese on surfaces, then layer artichoke pieces, bell pepper and spinach. Season with salt and pepper. Fold tops and bottoms of wraps inward 1 inch and roll tightly.

NOTES FROM THE COOK:

Entree