



## MOO SHU VEGETABLE WRAPS

Servings = 6

25 minutes Prep + Cook Time

Far East goes South of the Border with these sweet hoisin marinated vegetables, wrapped in whole wheat tortillas. The kids can tuck the vegetables deep in their wraps so they'll hardly know they're eating something so healthy. If you prefer a meatier meal, you can add cooked chicken to the wraps with the rice and vegetables. Serve it with Fruity Swirl Smoothies.

- 1-1 1/2 cups white or quick-cooking brown rice
- 2 Tbsp. canola or vegetable oil
- 1/2 yellow or white onion, sliced into thin strips
- 1 zucchini, cut lengthwise into quarters and thinly sliced
- 1/2 red bell pepper, thinly sliced
- 8-12 oz. sliced mushrooms
- 2 scallions, thinly sliced
- 4 Tbsp. hoisin sauce, (a Chinese marinade and dipping sauce)
- 6 whole wheat or white tortillas
- 1 1/2 cups cooked sliced chicken breasts (optional)
- 1-3 tsp. Asian chili sauce, Tabasco, or other hot pepper sauce, for serving (optional)

Cook the rice according to package directions.

Meanwhile, in a large heavy skillet over medium-high heat, heat the oil. Add the onions and zucchini and cook, stirring frequently, while you chop and add the other vegetables. Stir in 2 Tbsp. hoisin sauce. Continue to sauté the vegetables for a few more minutes, stirring often, until they are tender but not mushy, 8 - 10 minutes total, from when you first added the onions and zucchini. (Meanwhile, prepare the smoothies, if you are serving them.) Remove the vegetables from the heat.

Put the tortillas on a microwave-safe plate, cover them with a damp paper towel, and heat them on high power for 1 - 2 minutes until they are very warm and soft.

At the table, lay a tortilla on each plate and brush a little hoisin sauce (about 1 tsp.) in the middle of it with the back of a spoon. Add a scoop each of the rice, vegetables, chicken (optional) and a few drops of hot pepper or chili sauce (optional). Wrap the tortillas burrito-style.

**Scramble Flavor Booster:** Spice it up by adding the Asian chili sauce or hot pepper sauce to the wraps.

### Tip:

Hoisin sauce is an Asian marinade with a pungent, sweet-spicy flavor. If you or your kids have never used hoisin sauce before, start with just a little. If you enjoy the taste, you can always add more.

## SERVE WITH FRUITY SWIRL SMOOTHIE

To make a Fruity Swirl Smoothie, in a blender combine 1 1/4 cups orange juice, 1 cup nonfat vanilla yogurt, 2 cups fresh or frozen mango chunks, 1/2 cup fresh or frozen blueberries and 1 ripe banana. Blend until smooth.

### Nutritional Information per serving (% based upon daily values)

(without chicken)Calories: 280; Total Fat: 8g, 12%; Saturated Fat: 1g, 5%; Cholesterol: 0mg, 0%; Sodium: 480mg, 20%; Total Carbohydrate: 47g, 16%; Dietary Fiber: 5g, 20%; Sugar: 5g; Protein: 7g

### Nutritional Information per serving with sidedish (% based upon daily values)

(1/4 of smoothie)

Calories: 440; Total Fat: 9g, 13%; Saturated Fat: 1g, 5%; Cholesterol: 0mg, 0%; Sodium: 530mg, 22%; Total Carbohydrate: 83g, 28%; Dietary Fiber: 8g, 32%; Sugar: 34g; Protein: 12g