Asian Roasted Vegetable Wraps with Apricot Orange Spread

Serves 2 as a meal or 4 as a snack. Total time 30 minutes + 1-8 hours

Asian Roasted Vegetable Wraps

**Marinade:**
- ¼ cup reduced sodium soy sauce
- ½ cup rice vinegar
- 2 T. canola oil
- 1 garlic clove, chopped
- 1 yellow squash, sliced (1 cup)
- 1 zucchini, sliced (2 cups)
- 1 red pepper, sliced (1-½ cups)
- 1 small red onion, thinly sliced (1 cup)
- 4 ounces sliced mushrooms, sliced (1 cup)
- Apricot Orange Spread (recipe below)

**Directions:**
1. Combine soy sauce, rice vinegar, canola oil, and garlic in a large zip top bag. Add squash, zucchini, red pepper, red onion, and mushrooms; seal bag and toss to coat. Marinate 1-8 hours in the refrigerator.
2. Preheat oven to 400° F. Remove vegetables with a slotted spoon and transfer to a large baking sheet coated with nonstick cooking spray. Discard marinade. Roast vegetables 15-20 minutes until crisp tender. While vegetables are roasting, prepare sauce (recipe below). Spread ¼ of sauce on each tortilla. Top with ¼ of vegetable mixture and roll up.

Apricot Orange Spread

- ¼ cup dried apricots, chopped
- ½ cup fresh orange juice
- ¼ tsp. ground ginger

**Directions:**
1. Place apricots and orange juice in a small saucepan. Simmer over medium heat for 4 minutes. Let mixture cool slightly, pour into a blender, add ginger, and blend until smooth.

Yield: 4 snacks or 2 meals

**Total Meal Nutrition Information (per ¼ of each recipe):**
- 192 calories, 7 g protein, 4 g fat, 0 g saturated fat, 40 g carbohydrate, 5 g fiber, 0 mg cholesterol, 377 mg sodium

**1 serving equals:**
- 1 whole grain, 0 protein/ dairy, 3 vegetable, 0.5 fruit, 0.5 fat

**Total Meal Nutrition Information (per ½ of each recipe):**
- 384 calories, 14 g protein, 8 g fat, 0 g saturated fat, 80 g carbohydrate, 10 g fiber, 0 mg cholesterol, 754 mg sodium

**1 serving equals:**
- 2 whole grain, 0 protein/ dairy, 6 vegetable, 1 fruit, 1 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
Asian Roasted Vegetable Wraps with Apricot Orange Spread

Shopping List

Produce Section

- 1 yellow squash, sliced
- 1 small zucchini, sliced
- 1 small red pepper, sliced
- 1 small red onion, thinly sliced
- 1 cup mushrooms, sliced
- ½ cup fresh orange juice (1-2 juice oranges)
- 1 garlic clove, chopped

Dry Goods Section

- 4 (6-inch) whole wheat tortillas
- ¼ cup dried apricots, chopped
- ¼ cup reduced-sodium soy sauce (see tip #1)
- ⅛ cup rice vinegar (see tip #2)
- 2 T. canola oil
- ¼ tsp. ground ginger

Smart Shopper Tip #1:
Condiments such as soy sauce, teriyaki sauce, salsa, and spaghetti sauce tend to be very high in sodium. Choose lite or reduced-sodium varieties and use them in moderation.

Smart Shopper Tip #2:
Rice vinegar can usually be found with vinegars or soy sauce and other ethnic condiments. Choose the unseasoned, plain variety. It has a clean crisp taste that can brighten up foods without added sugar, salt, or fat.