



Oven-Grilled Pork and Veggie Wraps



Ingredients

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3	Ontario pork chops (loin, sirloin or rib), boneless
1	Ontario green pepper , cut into strips
1	Ontario red or orange pepper , cut into strips
2	Ontario Portobello mushrooms , cut into slices
1	Ontario red onion , cut into wedges, separated
2	Ontario zucchini , thickly sliced
2 Tbsp (30 mL)	Balsamic vinegar
1 Tbsp (15 mL)	Olive oil
1/2 tsp (2 mL)	Italian seasoning
2 tsp (10 mL)	Crushed red pepper flakes
4 (10 inch/61 g)	Large whole-wheat tortillas
1/4 cup (50 mL)	Spreadable cream cheese, reduced fat

Yield:

Serves 4

Preparation Time:

20 minutes

Cooking Time:

10 minutes

Cooking Instructions

Coat a large baking pan with cooking spray. Trim any visible fat from pork chops. Arrange chops and vegetables in a single layer on baking pan. In a small bowl, combine vinegar, oil, Italian seasoning, and red pepper flakes. Brush mixture on both sides of pork. Broil 5 to 6 inches (13 - 15 cm) from heat for about 6 to 10 minutes, or until pork is browned and vegetables are crisp-tender. Meanwhile spread each tortilla with a layer of cream cheese. Remove pork from oven and slice into strips. Divide pork pieces and vegetables among tortillas; wrap tightly before serving.

Nutritional Information (1 wrap): 378 kcal, 14.3 g fat (4.3 g saturated), 38 g carbohydrate (5 g fibre), 24 g protein, 604 mg sodium