



# Sweet Potato "Fettuccine" Wrap with Caramelized Onions and Herbed Goat Cheese

**Servings**

4

**Calories**

330

**Prep Time**

10 minutes

**Total Time**

35 minutes

**Skill Level**

Medium

## Ingredients

1 (10 ounces) package Mann's Sweet Potato "Fettuccine"

1 large yellow onion, peeled and cut into ¼" slices

2 large portobello mushrooms, gills scraped and sliced ¼" thick

olive oil

4-5 leaves of kale, stems removed and sliced into thin ribbons

½ pint cherry or grape tomatoes, cut in half

1 (4 ounces) log herbed goat cheese

4 whole-wheat burrito-sized wraps or lavash bread



## The Method

Begin by caramelizing the onions. In a large sauté pan on high heat, add several tablespoons of olive oil, then the onions. Reduce heat to medium and cook until the onions soft and brown, stirring occasionally. If the onions are browning too quickly, reduce the heat. This process may take anywhere from 20-25 minutes.

While the onions cook, sauté the vegetables. In another sauté pan on high heat, add several tablespoons of oil, then the sweet potato "fettuccine" and portobello mushrooms. Cook approximately 15 minutes, stirring occasionally, until vegetables are soft. Season with salt and black pepper and set aside.

In a mixing bowl, drizzle the kale ribbons lightly with olive oil and add a pinch of salt. Using your hands, massage the kale until it wilts slightly and has turned a darker green. This process tenderizes the leaves.

To assemble, heat the wraps either in the microwave for a few seconds or in a hot, dry skillet. Spread the herbed goat cheese in a generous layer in the middle of the wrap. Follow with a few spoonfuls of the sweet potato and mushroom mixture, then the onions. Add some kale and several cherry tomatoes.



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Close the wrap by first folding in the sides then rolling up from the bottom, tucking as you go. Repeat the process with the remaining wraps.

## **Nutrition Facts**

Serving Size: 282g | Servings: 4

### **Amount Per Serving**

Calories 330 | Calories from Fat 100 | Total Fat 11g (sat fat 5g trans 0g) | Cholesterol 30mg | Sodium 490mg | Total Carbohydrate 50g | Dietary Fiber 8g | Sugars 8g | Protein 13g | Vitamin A 290% | Vitamin C 40% | Calcium 8% | Iron 6%