

## **Grilled Vegetable Roll-Ups (Wraps)**

### **Ingredients**

1 medium zucchini, cut lengthwise into 1/2-inch slices  
1 yellow squash, cut lengthwise into 1/2-inch slices  
1 small sweet red or yellow pepper cut in half  
2 tbsp salad oil  
1/2 tsp salt  
1 large tomato, seeded and chopped  
6 flour tortillas (8-10 inch)  
4-6 oz Monterey Jack cheese (or other approved cheese)

### **Directions**

Brush the zucchini, yellow summer squash and red pepper with 1 tablespoon of olive oil. Sprinkle with salt.

Grill vegetables over medium heat for 4-5 minutes on each side or until tender. (Can also be roasted in the oven at 425 degrees for 6-8 minutes).

When cooked, cut into 1/2-inch cubes and place in a small bowl; stir in tomato.

Place 1/4 cup of mixture down the center of each tortilla, top with 1/4 cup of cheese (shredded or cut in narrow strips).

Fold the tortilla into thirds.

Heat 2 tsp of oil in a skillet.

Place the rolls into the pan, 3 at a time, and cook for 3 minutes, turning until golden brown. (If making large batches, place on cookie sheet and brown in oven. Can also be placed on foil on the grill.)