

Egg and Roasted Red Pepper Wrap

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=19227&news_iv_ctrl=1681

Ingredients

- 1 large red bell pepper, halved and seeded
- Salt to taste
- 1/4 tsp. each dried basil, oregano and thyme
- 1 large egg
- 1 large egg white
- Olive oil cooking spray
- 2 tsp. grated Parmesan cheese
- 2 Tbsp. chopped flat-leaf parsley
- 2 Tbsp. reduced-fat ricotta cheese
- 1/8 tsp. harissa, or to taste
- 1 low-fat whole-wheat wrapper

Instructions

1. Preheat oven to 425 degrees F.
2. Place pepper, cut side down, on foil-covered baking sheet. Bake until skin is puffed and blistered, 20-30 minutes. Transfer pepper to bowl, cover with plate, and let steam for 20 minutes. Pull off skin from pepper, using your fingers or small knife.
3. Place pepper on plate. Sprinkle with salt and dried herbs, cover with plastic wrap, and refrigerate overnight, or up to 24 hours.
4. In bowl, whisk egg and egg white together until well blended. Coat 8-inch skillet with cooking spray, and set over medium-high heat. Add egg, tilting to coat bottom of pan, and cook until egg is set, 1-2 minutes. Sprinkle on cheese and parsley, and cook until surface of omelet looks dull, 2-3 minutes. Slide flat omelet onto plate and set aside.
5. In small bowl, combine ricotta and harissa. Blot roasted pepper dry using paper towel, and cut pepper into very thin strips.
6. To assemble wrap, spread ricotta mixture over wrapper, leaving 1/2-inch uncovered around edges. Slide omelet onto wrapper, positioning it near one end. With narrow end of wrapper toward you, arrange 8-10 pepper strips horizontally on top of egg, and starting at end near you, tightly roll up wrapper. Cut rolled wrap diagonally into 3 pieces and serve immediately.

Makes 1 serving

Nutrition information per serving

Calories: 330
Total fat: 11 g
Saturated fat: 3 g
Carbohydrates: 34 g

Protein: 20 g
Dietary fiber: 6 g
Sodium: 420 mg