

Cheese Steak Wraps

By: Dottie Baltz

Makes two wraps

- ~ 2 Light [FlatOut](#) Wraps (Original, Italian or Sundried Tomato Flavor)
- ~ 6 oz. shaved steak
- ~ 1 small onion, diced (we prefer a sweet onion)
- ~ 1/4 green pepper, seeded and diced
- ~ 8-10 fresh mushrooms, sliced
- ~ 8-10 grape tomatoes, quartered
- ~ 1/2 cup reduced-fat shredded cheese of choice, divided
- ~ Seasoning for steak (we use [Buck's Seasoning](#), but Montreal Steak Seasoning or Seasoning Salt would work as would a combination of salt, pepper, garlic and paprika)
- ~ Fresh baby spinach, about 12-20 leaves per wrap depending on your taste
- ~ Fat Free or Low-Fat Mayonnaise (optional)

Lightly coat a non-stick frying pan with cooking spray or olive oil and pre-heat on medium heat on the stove. Cut up the shaved steak into smaller bite sized pieces. Season steak as desired and add to hot pan along with the onion and green pepper. Cook and stir often until steak is almost done, but still pink (about 4-5 minutes). Add mushrooms and continue cooking and stirring until beef is fully cooked and mushrooms are tender, about 2 minutes. Do not overcook. Add tomatoes and stir. Reduce heat to low. Divide the meat mixture in the pan into two equal amounts. Add a 1/4 cup of the shredded cheese to each pile of the meat mixture, cover the pan, and let the cheese melt. This should only take about a minute or two at the very most.

While cheese is melting, add a little mayo to the wraps, if desired. Then top the wrap with fresh raw spinach. I usually load mine up as they wilt a little once you put the hot meat mixture on top.

Fill each wrap with the meat mixture, roll-up and eat immediately.