

## Ham and Asparagus Wraps

### INGREDIENTS:

- 12 asparagus spears, woody ends cut off
- 1 Tbsp of olive oil (for cooking)
- 4 gluten-free tortillas
- 2 Tbsp mayonnaise made with olive oil (optional)
- 2 Tbsp Dijon mustard (optional)
- 4 thin, wide slices of black forest ham
- 4, thin, wide slices of casein-free, soy-free cheese

### PREPARATION:

In a skillet or wok, heat olive oil on medium high. Add asparagus and stir fry until tender (3-5 minutes). Transfer asparagus to a bowl of iced water to halt the cooking. Remove asparagus and pat dry with paper towels. Set aside. Spread tortillas with mayonnaise and mustard. Layer ham and cheese on each tortilla. Lay 3 stalks of asparagus at one edge of tortilla and roll, burrito-style. Repeat with each tortilla. You can serve wraps intact or you can cut each wrap crosswise at a diagonal into 1-2 inch pieces.

### NOTES FROM THE COOK:

Entree