

Mediterranean Roll-ups



ingredients

- 4 Flour Tortillas
- 1 cup Brown Rice cooked
- 1/4 cup Cucumber diced
- 1/4 cup Scallions or Green Onions chopped
- 1 large Tomato chopped
- 1 Tbsp. Olive Oil
- 1 tsp. Lemon Juice
- 2 Tbsp. Mint coarsely chopped

Directions

In a large bowl, combine all ingredients and salt and pepper to taste. Mix well, cover and refrigerate for about an hour. Divide mixture evenly among the tortillas, fold ends, and roll up. May be prepared ahead of time.