

Grilled Vegetable Burritos



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Ingredients

1/4	cup	plain low-fat yogurt or fat-free dairy sour cream
1/4	cup	chopped, seeded tomato
1/2	teaspoon	snipped fresh oregano or 1/8 teaspoon dried oregano, crushed
1/8	teaspoon	ground cumin
4	8-inch	fat-free flour tortillas
1/2	of a small	eggplant, halved lengthwise and cut into 1/2-inch slices
1/2	of a medium	zucchini, cut lengthwise into 1/4-inch slices
1/2	of a medium	yellow summer squash, cut lengthwise into 1/4-inch slices
1/2	of a medium	red sweet pepper, cut into 1/2-inch strips
2		red onion slices, cut 1/2 inch thick
1-1/2	teaspoons	olive oil
1/2	teaspoon	chili powder

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Preparation

Prep:20 minutes Grill:11 minutes

- 1 In a small bowl stir together yogurt, tomato, oregano, and cumin. Cover and refrigerate until ready to serve.
- 2 Stack tortillas and wrap in heavy foil; set aside. Brush vegetables lightly with oil; sprinkle with chili powder.
- 3 For a charcoal grill, place onion slices on the rack of an uncovered grill directly over medium coals. Grill for 5 minutes. Turn onion slices. Add remaining vegetables and tortillas. Grill for 6 to 8 minutes more or until vegetables are tender and tortillas are heated through, turning vegetables occasionally. (For a gas grill, preheat grill. Reduce heat to medium. Cover and grill onion slices, as above. Add remaining vegetables and tortillas on grill rack directly over heat. Cover and grill as above.)
- 4 To assemble, place the grilled vegetables on warm tortillas. Top with some of the yogurt mixture; roll up tortillas. Pass the remaining yogurt mixture. Makes 2 servings.