

Dish of the week: Au Naturale's veg and goat cheese wrap

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Au Naturale's veg and goat cheese wrap (Leah Hogsten/The Salt Lake Tribune)

\$7.99 » Nutritionists, health enthusiasts and even food activists say the planet would be better off if we abstained from meat once in a while. And they all agree that eating "Technicolor" foods -- foods in a variety of colors -- is best for health. In Au Naturale's case, it's one of the accessible options for those seeking food on the go. Grilled mushrooms, squash and sweet peppers are flavorful on their own but fresh herbs, sun-dried tomato aioli and tangy goat cheese ensure it's not only healthful, but tastes good. Hours are Monday to Friday, 6:30 to 10:30 a.m. (drive-thru only); Monday to Thursday, 11 a.m. to 8 p.m.; Friday to Saturday, 11 a.m. to 9 p.m.; and Sunday, 11:30 a.m. to 6 p.m.

-- *Vanessa Chang*