

Hummus and Veggie Wrap-Up

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 wrap

Ingredients

- 2 tablespoons hummus
- 1 (8-inch) whole-wheat tortilla
- ½ cup mixed salad greens
- 2 tablespoons finely chopped sweet onion
- ¼ cup thinly sliced cucumber
- 2 tablespoons diced tomato
- 2 tablespoons shredded carrots
- 1 tablespoon balsamic vinaigrette

Directions

1. Spread the hummus over the tortilla.
2. Layer the tortilla with the salad greens, onion, cucumber, tomato, and carrots.
3. Drizzle with the vinaigrette.
4. Fold the sides of the tortilla over towards the center, then roll up tightly.
5. Serve cold.

Recipe Notes

- Consider using any other non-starchy vegetables that you may have on hand.

Nutrition Facts Per Serving: Calories: 250 | Total Fat: 12.5 g | Saturated Fat: 3 g
Sodium: 555 mg | Total Carbohydrate: 29 g | Dietary Fiber: 6.5 g | Protein: 7 g

Adapted from Taste of Home | Submitted by Janelle Kramer, RD
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs