

# 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 (store-bought or homemade; try the Home-Style Hummus recipe on page 16)
- 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 adding other non-starchy vegetables that you may have on hand, such as sliced bell peppers, cooked mushrooms, or zucchini.

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

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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