

Hummus & Veggie Wraps from EatFresh.org



Nutrition Facts	
Serving Size 1.00	
Serving Per Container 4	
Amount Per Serving	
Calories 221	
% Daily Value*	
Total Fat 6 g	8%
Saturated Fat 2 g	10%
Sodium 464 mg	20%
Total Carbohydrate 34 g	12%
Dietary Fiber 9 g	32%
Protein 11 g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients

Serves 4

4 **Whole Wheat Tortillas** large or burrito size

1 **Green Bell Pepper** sliced

1 **Tomato** sliced

2 cups **Lettuce**

14 1/2 ounces **Garbanzo Beans** canned, rinsed and drained or 1 1/2 cups **Garbanzo Beans** cooked

1/2 cup **Plain Yogurt** or 1/2 cup **Tahini** also known as sesame seed paste

1 clove **Garlic** minced

1 tablespoon **Lemon Juice**

1 teaspoon **Ground Cumin**

Salt to taste

Directions

1. Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, cumin, and salt in a blender.
2. Refrigerate until ready to use.
3. Spread hummus on tortilla. Layer veggies. Roll up and eat!

Chef's Tips

- No blender? No problem! Just use the back of a fork to mash up the garbanzo beans.
- Can sub sprouts for lettuce if desired.