

Hummus & Veggie Wrap

Ingredients:

2 each Tortilla
1/3 cup Hummus, prepared
1/2 each Bell pepper, julienned
1/4 each Red onion, small dice
1/3 cup Cucumbers, Sliced
1/4 cup Arugula
1/4 cup Feta cheese

Method:

- On each tortilla divide hummus and spread, top with peppers, onion cucumbers, arugula, and feta cheese.
- Roll up and enjoy!

Serves:1

Serving Size: Composed

Calories: 530

Fat: 25g

Carbohydrates: 55g

Fiber:8g

Protein: 17g

**Chef's Note: Bump up this tasty wrap by adding chicken or fish for added protein.*