

## Hummus and Sautéed Vegetable Wrap

*Hummus is made with chickpeas, which are high in fibre and a good source of protein. Pair it with delicious sautéed veggies in a whole-grain wrap and you have an over the top nutrition powerhouse that just happens to taste incredible!*

### Ingredients

**1 cup canned chickpeas, rinsed & drained**

**¼ cup tahini**

**¼ cup water**

**2 tbsp freshly squeezed lemon juice**

**4 tsp olive oil**

**1 tbsp fresh parsley, chopped**

**¾ tsp minced garlic**

**2 tsp vegetable oil**

**1 cup diced onion**

**1 ¼ cup diced red bell pepper**

**1 ¼ cup chopped snow peas**

**¼ cup fresh dill, chopped (or 2 tsp dried)**

**4 10-inch whole grain tortilla**

### Preparation:

1. Make the hummus: In a food processor, combine chickpeas, tahini, water, lemon juice, oil, parsley and garlic; process until creamy and smooth. Transfer to a bowl and set aside.
2. In a large nonstick saucepan, heat oil over medium-high heat. Add onions and sauté 4 minutes or until soft and browned. Add red peppers and sauté 4 minutes until soft. Add snow peas and sauté 2 minutes or until tender-crisp. Stir in dill and remove from heat.
3. Divide hummus equally among tortillas. Form each tortilla into a packet by folding bottom edge over filling, then sides, then top, to enclose filling completely.



Serves 4.

### Nutritional Information (per serving)

<b>Calories</b>	<b>383</b>
<b>Protein</b>	<b>11g</b>
<b>Fat, total</b>	<b>17g</b>
<b>Fat, saturated</b>	<b>2.9g</b>
<b>Carbohydrates</b>	<b>48g</b>
<b>Sodium</b>	<b>414mg</b>
<b>Cholesterol</b>	<b>0mg</b>
<b>Fiber</b>	<b>7g</b>