

Hummus and Sautéed Vegetable Wrap

Hummus is made with chickpeas, which are high in fiber 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! The more colorful vegetables, the more antioxidants!

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)

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