



Whole-Grain Veggie & Hummus Wrap

Makes 4 servings

These simple and easy whole-grain hummus wraps are filled with colorful, fresh and flavorful veggies.

Ingredients

- 2 cups spinach
- 1 cup of your favorite hummus
- 4 whole-grain tortillas
- 1 avocado, thinly sliced
- 1/2 cucumber, peeled and very thinly sliced
- 1 small red bell pepper, very thinly sliced



Instructions

Spread about 1/4 cup hummus on 1 tortilla, leaving about an inch from the edge. Arrange 1/4 each of spinach, sliced avocado, sliced cucumber and sliced bell pepper on top of hummus and tightly roll up tortilla. Repeat with remaining tortillas, hummus, spinach, avocado, cucumber and bell pepper.

Nutrition Facts

Serving Size: 1 wrap; Calories 269; Total Fat 15.0g; Saturated Fat 2.5g; Cholesterol 0mg; Sodium 424mg; Total Carbohydrates 29.2g; Dietary Fiber 10.0g; Protein 8.8g

Recipe adapted from www.wholefoodsmarket.com



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