

Eat Smart • Move More

Home Run Hummus Wrap

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

- 6 whole-wheat tortillas
- 1 ½ cups prepared hummus
- 1 bell pepper, cut into ¼-inch strips
- 1 ½ carrots, shredded
- 1 ½ cups fresh baby spinach

NOTE: This recipe contains a major food allergen.

Nutrition Facts

6 servings per container	
Serving size	1 serving (144.08g)
Amount per serving	
Calories 230	
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes g Added Sugars	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.3mg	8%
Potassium 230mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Add in other vegetables, such as cucumbers, zucchini, corn, broccoli, tomatoes, and shredded cabbage.
- ▶ Hummus is a bean spread made from cooked chickpeas, garlic, lemon juice, and sesame seeds.

Directions

- Place tortillas on a clean surface.
- Spread ¼ cup hummus evenly in the center of each tortilla.
- Top with 4-6 bell pepper strips and ¼ cup shredded carrots.
- Divide the spinach evenly between each tortilla.
- Fold the bottom edge of the tortilla up and over the vegetables, and continue rolling up to the top edge.
- Cut each wrap diagonally across the center width.
- Place both halves on a plate to serve.

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(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net.>)

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