

## Ingredients:

## Hummus and Veggie Wraps

- 1 (14.5 ounce) can garbanzo beans, rinsed and drained (about 1 1/2 cups cooked)
- 1/2 cup plain yogurt or tahini (sesame seed paste)
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- 1 tablespoon cumin
- 4 whole wheat tortillas, large or burrito size
- 1 green pepper, sliced
- 1 tomato, sliced
- 1 cucumber, sliced

## Directions:

1. Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, and cumin in a blender to make hummus.
2. Refrigerate until ready to use.
3. Spread hummus on tortilla. Layer green pepper, tomato, and cucumber on top. Roll up and eat!

## Nutrition Facts (Per Serving)

Calories, 300; Carbohydrate, 50 g; Protein, 14 g; Total Fat, 7 g; Saturated Fat, 2 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 5 g; Total Sugars, 6 g; Sodium, 470 mg; Calcium, 136 mg; Folate, 71 mcg; Iron, 2 mg; Calories from Fat, 2%.

Makes: 4 servings (1 wrap per serving)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

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