

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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