

Hummus and Vegetable Wrap on Whole Wheat Tortilla

This simple and flexible recipe serves as an excellent foundation. Feel free to substitute the vegetables with your personal favorites.

Ingredients

- 1 large (10-inch) whole wheat tortilla
- 3 tablespoons of hummus (any flavor)
- 1 cup fresh spinach leaves
- 1/4 cup shredded carrots
- 1/4 cup thinly sliced cucumber
- 1/4 cup thinly sliced bell peppers (any color)
- Optional: 1 tablespoon crumbled feta cheese, thinly sliced red onion

Step-by-Step Instructions

1. **Prepare the Tortilla:** Lightly warm the tortilla for about 15-20 seconds in a microwave or a dry skillet. This makes it softer and more pliable, which helps prevent it from tearing when you roll it.
2. **Spread the Hummus:** Lay the warm tortilla on a flat surface. Spread the hummus evenly across the tortilla, leaving about a one-inch border around the edges.
3. **Create a Moisture Barrier:** Arrange the spinach leaves in a flat layer over the hummus. This is the most important step for preventing the wrap from becoming soggy, especially if you are making it ahead of time.
4. **Add the Vegetables:** Place the shredded carrots, sliced cucumber, and bell peppers in a line down the center of the spinach layer. If you're using optional ingredients like feta or red onion, sprinkle them on top. Avoid overstuffing the wrap, as this can make it difficult to roll.
5. **Fold and Roll:** To create a secure wrap, first fold the left and right sides of the tortilla in towards the center, over the fillings. Then, holding the sides in place, pull the bottom edge of the tortilla up and tightly roll it forward until it's completely enclosed.
6. **Serve:** You can serve the wrap immediately or slice it in half diagonally. For meal prep, wrap it tightly in parchment paper or foil to hold its shape.