Hummus and Sun-Dried Tomato Wrap

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

With no cooking and minimal preparation, you'll have a delicious meal in minutes! Follow our low-fat hummus recipe or use another low-fat option if desired!

About the Recipe

226 Calories · 8.9 g Protein · 7.4 g Fiber
Lunch
Nut-free

Hummus is made from chickpeas, which are low in fat and calories, but packed with protein and fiber!

Ingredients

Makes 2 Servings

- 1 1/2 c (254 g) cooked chickpeas, or 15-oz (425-g) can low-sodium chickpeas, drained
- 2 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) tahini
- 1 clove garlic or 1/8 tsp (0.6 mL) garlic powder
- to taste ground black pepper
- 1/2 c (78 g) roasted red pepper
- 1/4 tsp (1.2 mL) ground cumin
- 2 whole-grain tortillas
- 12 sun-dried tomatoes
- 1 c (56 g) sprouts
- 1/4 tsp (1.2 mL) ground black pepper
- Hot sauce **optional*
- 1/2 c (60 g) shredded carrot or zucchini **optional*

Directions

1. Prepare low-fat hummus recipe or use a low-fat hummus of your choice. If making your own, drain and rinse chickpeas. Place cooked chickpeas in a food processor or blender with lemon juice, tahini, garlic, and black pepper (for roasted red pepper version, add water-soaked red pepper and cumin). Process until very smooth (about 1-2 minutes). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.
2. Spread 1/4 c (68 g) of hummus over half of the tortilla.
3. About 2 inches in from one of the edges, make a line of 6 sun-dried tomatoes, repeating with 1/2 c (28 g) of sprouts, and topping with the black pepper.
4. Options: Pour hot sauce over the sprouts. Then shred 1/4 c (30 g) of zucchini and 1/4 c (30 g) of carrot with the large slats of a grater and place them between the sun-dried tomato and sprout layers for a great texture.
5. Roll the tortilla to make your wrap. Repeat the above assembly process for the second tortilla. Reserve extra hummus for future use.

Nutrition Facts

Per Serving:
Calories: 226
Fat: 5.2 g
    Saturated Fat: 1.1 g
    Calories From Fat: 19%
Cholesterol: 0 mg
Protein: 8.9 g
Carbohydrate: 39.6 g
Sugar: 5.6 g
Fiber: 7.4 g
Sodium: 317 mg
Calcium: 124 mg
Iron: 2.6 mg
Vitamin C: 6.1 mg
Beta-Carotene: 61 mcg
Vitamin E: 0.6 mg