Veggie Rainbow Wraps

Source: The Survivor’s Handbook: Eating Right for Cancer Survival by Neal Barnard, MD, and Jennifer Reilly, RD

Kids love these colorful wraps! Serve for lunch or as a snack at parties.

About the Recipe

223 Calories · 7.8 g Protein · 7.4 g Fiber
Lunch
Nut-free

Feel free to make these using your favorite bean spread or other vegetables of your choice.

Ingredients

Makes 8 Servings

- 1 c (271 g) roasted red pepper hummus
- 8 whole-wheat tortillas
- 1 red bell pepper, cut in sticks
- 1 orange bell pepper, cut in sticks
- 1 1/2 c (45 g) spinach, chopped
- 1 cucumber, cut in sticks

Directions

1. Spread hummus or bean spread of your choice thinly on one side of the tortillas.
2. Add a thin layer of the vegetables across two thirds of each tortilla.
3. Roll up each tortilla.
4. Slice into about 5 individual rolls per tortilla.

Nutrition Facts

Per serving

Calories: 223

Fat: 6.2 g

- Saturated Fat: 1.3 g
- Calories From Fat: 23.7%

Cholesterol: 0 mg

Protein: 7.8 g

Carbohydrate: 37.8 g

Sugar: 5.6 g

Fiber: 7.4 g

Sodium: 468 mg

Calcium: 145 mg

Iron: 2.4 mg

Vitamin C: 57.8 mg

Beta-Carotene: 3,946 mcg

Vitamin E: 1.2 mg