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

- hummus (1/2 cup)
- whole-wheat tortillas (2)
- sun-dried tomatoes (12)
- sprouts (1 cup)
- freshly ground black pepper (1/4 tsp.)
- hot sauce (optional) (to taste)
- shredded carrot or zucchini, optional (1/2 cup)

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 2 tablespoons fresh lemon juice, tahini, garlic (1/8 teaspoon garlic powder can be used instead of 1 clove fresh), and black pepper...
(for roasted red pepper version, add 1/2 cup or half of a 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. Spread 1/4 cup of hummus over half of the tortilla.

2. About 2 inches in from one of the edges, make a line of 6 sun-dried tomatoes, repeating with 1/2 cup of sprouts, and topping with 1/8 teaspoon black pepper.

3. Options: Pour hot sauce over the sprouts. Then shred 1/4 cup of zucchini and 1/4 cup of carrot with the large slats of a grater and place them between the sun-dried tomato and sprout layers for a great texture.

4. 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
- **Carbohydrates:** 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