

Hummus and Avocado Wrap

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 2

Ingredients	Quantity	Measure
Whole-Grain Tortilla Wraps, 10" or 12"	2	each
Hummus	1.5	cups
Cucumbers, thinly sliced	12	slices
Tomatoes, Roma, thinly sliced	12	slices
Avocado, peeled, thinly sliced	12	slices
Baby Spinach, rough chopped	2	cups
Orange Poppy seed Dressing		
Orange Juice, fresh squeezed	.25	cup
Agave Nectar	2	Tbsp.
White Wine Vinegar	1	Tbsp.
Poppy seeds	.5	Tsp.
Olive Oil	.25	cup

Preparation

1. Lay out wraps on cutting board and spread $\frac{3}{4}$ cup hummus on tortilla shell (leaving a 1" border around shell).
2. Arrange rows of cucumbers, tomatoes and avocado down the center (6 slices of each ingredient).
3. Top the center with chopped Baby Spinach.
4. Drizzle with dressing (or pour in 2oz. soufflé cup for grab and go).

Serving Information

Serve cold with a side of fresh cut vegetables.

Nutrition Information *From USDA Nutrient Database

Calories: 389.7 Total Fat: 19g Carbohydrate: 45g Protein: 13.4g Sodium: 644mg

Nutritional Information does not include dressing.