

HUMMUS & BLACK BEAN WRAP

Serves 2

INGREDIENTS

- 2 whole grain tortillas
- 1 cup raw spinach
- 4 tablespoons roasted red pepper hummus (or your favorite hummus)
- 1 cup black beans, rinsed and drained
- 1/4 cup shredded carrots
- 3-4 slices of green or red bell pepper
- 1/2 avocado



DIRECTIONS

1. Lay out two tortillas and spread 2 tablespoons of hummus on each one.
2. Spread the spinach on top of the hummus. Add 1/2 cup of black beans to each tortilla. Top with carrots, peppers and avocado.
3. Fold in two edges of the tortilla and roll. Eat one now and refrigerate one for later. If serving for a crowd, cut both wraps into pinwheels to serve.

NUTRITION INFORMATION PER SERVING (1 wrap)

Calories: 285, Total Fat: 10g, Saturated Fat: 1g, Sodium: 392, Carbohydrates: 45g, Fiber: 11g, Sugar: 5g, Added Sugar: 0g, Protein: 10g

SOURCE Modified from Six Sisters Stuff
