



Rainbow Veggie Wrap

Yield: 4 servings

Source: www.eatingwell.com

Ingredients:

- 4 (8 inch) whole wheat tortillas
- 1 cup hummus
- 1 1/3 cup fresh spinach
- 1 cup sliced bell pepper
- 3 cups broccoli slaw

Directions:

1. Spread $\frac{1}{4}$ cup hummus on each tortilla. Top with spinach, bell pepper and slaw. Roll.
2. Slice in 1-inch rounds and serve with dressing for dipping, if desired.

Nutrition information:

Serving size: 1 wrap

Calories: 287

Fat: 16g

Sodium: 633mg

Carbohydrates: 31g

Sugar: 2g

Fiber: 21g

Protein: 11g