

## Hummus Wrap



### Ingredients:

- 4 Whole-grain tortillas
- 1 cup hummus (see recipe)
- 1 cup fresh spinach
- 4 slices tomato
- 1/2 cup shredded carrots
- 1 cucumber, slices into strips

### Directions:

1. Warm the tortillas in the microwave for 10 seconds, just until they are flexible.
2. Place tortillas on a flat surface or a plate.
3. Spread 1/4 of the hummus on the center of each tortilla.
4. Top the hummus with 1/4 of the spinach, tomatoes, carrots and cucumber strips.
5. Fold the sides of the tortilla towards the hummus and toppings, then roll from the top to the bottom, then cut the wrap in half.

Makes 4 Servings



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>