



Rainbow Wrap

Yield: 4 servings

Ingredients

- 4 whole grain tortillas
- 1 cup hummus
- 1 cup baby spinach
- 1 cup sliced red bell pepper
- 1 cup thinly sliced red cabbage
- 1 cup sliced cucumbers

Instructions

1. Spread $\frac{1}{4}$ cup of hummus on each tortilla and place a $\frac{1}{4}$ cup of each veggie evenly on the hummus.
2. Wrap burrito style and cut in half to serve.



Nutrition Information

Serving Size: 1 wrap

Calories: 193
Total Fat: 6 g
Saturated Fat: .4 g
Monounsaturated Fat: 3 g
Polyunsaturated Fat: 1.3 g
Sodium: 484 mg
Total Carbohydrate: 36 g
Dietary Fiber: 17 g
Sugars: 4 g
Protein: 12 g

Source: Adapted from EatingWell

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