



## Greek Wrap

**Yield: 4 servings**

### Ingredients

- 4 whole grain tortillas
  - 1 cup baby spinach
  - 1 cup sliced cucumber
  - 1 cup quartered cherry tomatoes
  - 1 cup canned chickpeas, no or low salt added
  - ¼ cup crumbled feta cheese
  - ¼ cup lemon dill vinaigrette\*
- \*see recipe

### Instructions

1. Evenly place ¼ cup spinach, cucumber, tomato and chickpeas on each tortilla. Add 1 tablespoon feta and vinaigrette on each tortilla.
2. Wrap burrito style and cut in half to serve.

### Nutrition Information

**Serving Size:** 1 wrap  
Calories: 221  
Total Fat: 9.4 g  
Saturated Fat: 2 g  
Monounsaturated Fat: 5 g  
Polyunsaturated Fat: .8 g  
Sodium: 529 mg  
Total Carbohydrate: 35 g  
Dietary Fiber: 16 g  
Sugars: 3.4 g  
Protein: 12 g

Source: Spectrum Health



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