

Hummus Veggie Wrap with Lemon Vinaigrette

Easy to assemble, these tasty wraps make a great lunch, dinner, or snack.

Ingredients:

- Whole grain wrap
- Hummus - your favorite flavor
- Salad greens - we like an arugula/spinach mix
- Assorted chopped or sliced veggies - we used red & yellow pepper slices, sliced cucumber, grated carrots, and diced tomato Feta cheese, crumbled (or your favorite crumbled cheese)
- Sunflower seeds - we used roasted and salted sunflower kernels but you can use any chopped nuts or seeds you like
- Lemon vinaigrette (we used a refrigerated, bottled kind) or your favorite salad dressing
- Black pepper (optional)

Directions:

1. Spread a layer of hummus down the middle of the wrap.
2. Top with salad greens and other raw sliced or chopped veggies of your choice.
3. Sprinkle sunflower seed kernels (or other chopped nuts) over the veggies.
4. Sprinkle crumbled feta (or other crumbled or grated cheese) over the veggies/seeds.
5. Drizzle with lemon vinaigrette (or your favorite dressing). You can also just drizzle with extra virgin olive oil (we like California Olive Ranch brand) and squeeze fresh lemon over the filling).
6. Sprinkle with black pepper for a bit of heat (optional).
7. Fold over the ends, and roll up to make a wrap. Cut into slices, if desired, for sharing or ease of eating.