

From The Kitchens' Of



Garden Wrap

Serves 1

Cooking Time 15 minutes

Ingredients

2 to 3 tablespoons hummus	2 Tbsp chopped red bell pepper
1 (9-inch) whole wheat-and-honey wrap	1/4 teaspoon salt
1 tablespoon lemon juice	1/4 teaspoon pepper
1/4 cup shredded purple cabbage	1/4 cucumber, peeled and chopped
1/3 cup shredded Monterey Jack soy cheese	

Directions

Spread hummus evenly over 1 side of wrap.

Mix all other ingredients and sprinkle over hummus. Roll up tightly. Cut diagonally in half.

Multiply this recipe by the number of folks you're feeding. Yum!

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