

Recipe of the Month – August 2019

Zucchini Hummus Wrap

Serves 2

Serving Size: 1 wrap

Cost per Serving: \$2.32

Ingredients:

- 1 zucchini (1/2 pound), sliced (about 2 cups)
- 4 Tablespoons hummus
- 2 whole wheat flour tortillas (10 inch)
- 2 slices cheese (cheddar, mozzarella, provolone, Swiss)
- 2 cups vegetables, sliced (lettuce, tomato, onion, pepper)



Directions:

1. Heat a skillet over medium high heat. Spray with nonstick cooking spray. Add zucchini slices. Sauté for 6 minutes, until lightly browned and tender.
2. Spread 2 tablespoons hummus on each tortilla. Top with cheese and zucchini.
3. Top with fresh vegetables of choice. Fold into a wrap and serve immediately.

Tips:

- Use any fresh vegetables on hand.

Nutrition Facts per Serving: 380 Calories, 14g total Fat (6g sat. fat), 15mg. Cholesterol, 800mg Sodium, 48g Carbohydrates, 5g Fiber, 8g Sugar, 16g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension
1000 Locust Street, PO Box 670
Owensville, OH 45160
Phone: 513-732-7070