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:
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