

# Hummus and Sun-Dried Tomato Wrap

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

With no cooking and minimal preparation, you'll have a delicious meal in minutes! Follow our low-fat hummus recipe or use another low-fat option if desired!

## About the Recipe

**226 Calories · 8.9 g Protein · 7.4 g Fiber**

**Lunch**

**Nut-free**

Hummus is made from chickpeas, which are low in fat and calories, but packed with protein and fiber!

## Ingredients

***Makes 2 Servings***

- 1 1/2 c (254 g) cooked chickpeas, or 15-oz (425-g) can low-sodium chickpeas, drained
- 2 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) tahini
- 1 clove garlic or 1/8 tsp (0.6 mL) garlic powder
- to taste ground black pepper
- 1/2 c (78 g) roasted red pepper
- 1/4 tsp (1.2 mL) ground cumin
- 2 whole-grain tortillas
- 12 sun-dried tomatoes
- 1 c (56 g) sprouts
- 1/4 tsp (1.2 mL) ground black pepper
- Hot sauce
- 1/2 c (60 g) shredded carrot or zucchini

## Directions

1. Prepare low-fat hummus recipe or use a low-fat hummus of your choice. If making your own, drain and rinse chickpeas. Place cooked chickpeas in a food processor or blender with lemon juice, tahini, garlic, and black pepper (for roasted red pepper version, add water-soaked red pepper and cumin). Process until very smooth (about 1-2 minutes). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.
2. Spread 1/4 c (68 g) of hummus over half of the tortilla.
3. About 2 inches in from one of the edges, make a line of 6 sun-dried tomatoes, repeating with 1/2 c (28 g) of sprouts, and topping with the black pepper.
4. Options: Pour hot sauce over the sprouts. Then shred 1/4 c (30 g) of zucchini and 1/4 c (30 g) of carrot with the large slats of a grater and place them between the sun-dried tomato and sprout layers for a great texture.&nbsp;
5. Roll the tortilla to make your wrap. Repeat the above assembly process for the second tortilla. Reserve extra hummus for future use.&nbsp;

## Nutrition Facts

*Per Serving:*

**Calories:** 226

**Fat:** 5.2 g

**Saturated Fat:** 1.1 g

**Calories From Fat:** 19%

**Cholesterol:** 0 mg

**Protein:** 8.9 g

**Carbohydrate:** 39.6 g

**Sugar:** 5.6 g

**Fiber:** 7.4 g

**Sodium:** 317 mg

**Calcium:** 124 mg

**Iron:** 2.6 mg

**Vitamin C:** 6.1 mg

**Beta-Carotene:** 61 mcg

**Vitamin E:** 0.6 mg