

The image shows three burrito-style wraps made with soft, white flour tortillas, arranged on a light-colored wooden cutting board. The wraps are filled with a variety of fresh ingredients, including sliced cherry tomatoes (both red and yellow), shredded purple and green cabbage, and a creamy hummus base. Each wrap is secured with a wooden toothpick that has a small green leaf tied around its end. The lighting is bright and natural, highlighting the textures of the tortilla and the freshness of the vegetables. A white banner with red text is overlaid in the center of the image.

HUMMUS TORTILLA WRAP

HUMMUS TORTILLA WRAP



Prep time: 10 Minutes

Cook time: N/A

Servings: 3 People

INGREDIENTS:

2 cups Cherry Tomatoes

3 cups of shredded iceberg lettuce

1 cup thinly shredded red cabbage

¼ cup Roasted pepper Hummus

3 - 10" Gluten free tortilla wraps

CHEF'S TIP:

For a higher supply of protein, add grilled chicken breast into each wrap.

DIRECTIONS:

Shred lettuce, red cabbage and slice the Cherry Tomatoes.

Spoon 3-4 tbsp. of hummus onto each wrap.

Evenly divide shredded lettuce and cabbage. Place in the center of each tortilla, followed by the tomatoes.

Fold tortilla from left and right. Tucking the ingredients inside, continue to fold wrap upwards to seal. Repeat.

Slice into halves or quarters, and serve.