

Hummus Lettuce Wraps

INGREDIENTS:

8 romaine lettuce leaves
1 c. roasted red pepper hummus
1 red pepper
1 yellow pepper
½ c. shredded carrots
1 medium zucchini
½ white onion
2 c. spinach, chiffonade

DIRECTIONS:

Slice the vegetables into strips and set aside. Finely cut the spinach, set aside. Spread 2 Tbsp. hummus on the lettuce leaf and place 3-4 strips of each vegetable onto the leaf, 1 tablespoon of carrots, and a little spinach. Roll and enjoy.

NUTRITION:

Makes eight (1 wrap) servings. Each serving has 90 calories, 4.5 grams (g) fat, 3 g protein, 11 g carbohydrate, 2 g fiber and 150 milligrams sodium.