

Mediterranean Veggie Wrap



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

You can use any of your favorite veggies in this wrap or what is available at the market.

Ingredients:

- 1 wrap or tortilla (we use spinach)
- 1/3 cup hummus
- 2 slices cucumber, sliced lengthwise
- 1 carrot, grated
- Handful spinach leaves, torn
- Sliced tomato (depending on size of the tomatoes)
- Fresh broccoli or other sprouts
- Handful lettuce chopped
- 2 tablespoons crumbled feta, optional
(can also use other hard cheese sliced or leave off)
- Few stems fresh herbs such as basil or cilantro chopped, optional

Other example options: sliced peppers, chopped tomato, sliced onion

Directions:

1. Spread the hummus in the wrap, leaving about a half inch around the sides
2. Add the veggies to the center of the wrap.
3. Fold the bottom and top of the wrap in toward the center and roll the wrap tightly, as you would a burrito, tucking in all the veggies with the first roll then rolling firmly to the end.