

Grilled Veggie and Hummus Wraps

The smokey warmth of the grilled veggies combined with the smooth roasted garlic flavour of the hummus make these wraps seem like a treat! Try substituting any of your own favourite veggies or add slices of grilled chicken to really personalize this dish.

Ingredients:

- 2 Medium Zucchini - Cut in half lengthwise.
- 1 Medium Red Bell Pepper - Cut in half lengthwise, remove seeds.
- 2 tsp Open Nature Balsamic Salad Dressing
- Pinch Open Nature Sea Salt
- Pinch Safeway Ground Black Pepper
- 1 cup Open Nature Roasted Garlic Hummus
- 4 Eating Right Ancient Grain Tortillas with Chia
- 2 cups O Organics Baby Spinach Leaves

How to Make It:

1. Preheat your BBQ or a grill pan to medium heat. Brush the zucchini and red pepper halves with the Open Nature Balsamic dressing. Season to taste with salt & pepper.
2. Grill veggies approximately 4 minutes per side or until slightly brown and tender. Slice into thin strips when cool enough to handle.
3. Spread 1/4 cup of hummus over each tortilla and top with 1/2 cup of spinach and a quarter of the veggies.
5. Roll up and slice on the diagonal.
6. Enjoy!

Makes 4 wraps.

Chef's Note:

To speed things up at lunchtime grill some extra veggies along with your dinner the night before - they'll be ready to go when you are! Add Safeway Quinoa or Black beans to increase the protein level of these vegetarian wraps.

Did you know?

Hummus is a great addition to vegetarian diets because it is made from chickpeas which are a good source of protein yet are low in fat.

