



Roasted Vegetable & Hummus Wrap

Hummus Ingredients:

- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 3 tablespoons water
- 2 tablespoons olive oil
- Chopped fresh parsley, for garnish (optional)

Instructions for Hummus:

1. Place the chickpeas, tahini, lemon juice, garlic, cumin, and salt in a food processor.
2. Process the mixture until it is smooth, stopping to scrape down the sides of the bowl as needed.
3. With the processor running, slowly add the water through the feed tube.
4. Stop the processor and scrape down the sides of the bowl again.
5. With the processor running, slowly drizzle in the olive oil through the feed tube.
6. Process the mixture until it is smooth and well combined.
7. Transfer the hummus to a serving bowl and smooth the top with a spoon.
8. Garnish with chopped parsley, if desired.

Note: If the hummus is too thick, you can thin it out with a little more water or lemon juice. If it's too thin, you can thicken it up by adding a little more tahini or chickpeas. You can also adjust the seasonings to taste, adding more cumin or garlic if you like.

Ingredients:

- 1 medium zucchini, sliced into 1/4-inch rounds
- 1 medium yellow squash, sliced into 1/4-inch rounds
- 1 medium red bell pepper, cored and cut into 1-inch pieces
- 1 medium yellow bell pepper, cored and cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 4 large flour tortillas
- 2 cups baby spinach leaves



Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a large bowl, toss the zucchini, squash, bell peppers, and onion with the olive oil. Season with salt and pepper.
3. Spread the vegetables out on a large baking sheet. Roast in the preheated oven for 20-25 minutes, or until the vegetables are tender and slightly charred.
4. Meanwhile, spread each tortilla with 1/4 cup of hummus.
5. When the vegetables are finished roasting, divide them evenly among the tortillas, placing them on top of the hummus.
6. Top the vegetables with a handful of baby spinach leaves.
7. Roll up the tortillas tightly and slice them in half. Serve immediately.

Optional additions:

- You can add some protein to your wraps by including grilled chicken or tofu, or by adding some crumbled feta or goat cheese.
- If you want some extra flavor, you can sprinkle the roasted vegetables with some chopped fresh herbs (such as basil or parsley) before serving.