

MEDITERRANEAN LUNCH WRAP



INGREDIENTS:

- 1 whole wheat wrap (The wrap pictured here is the [Multi Grain with Flax](#) variety from FlatOut)
- 1/4 cup plain hummus (I used the [Original Whole Foods variety](#). It's my fave!)
- 1/4 cup shredded carrots
- 1/4 cup quartered cherry tomatoes
- 1/4 cup sliced & quartered cucumbers
- 1/4 cup chopped roasted red peppers
- 1/2 - 1 cup spinach & romaine mix
- 1/4 cup canned chickpeas (rinsed and drained)
- 1 - 1/2 tbs. crumbled feta
- 1 tbsp. balsamic vinegar or balsamic vinaigrette
- OPTIONAL: ~2 oz. of your choice (1 - 2 chopped hardboiled eggs / 2 oz. chopped, shredded, or rotisserie chicken / cooked lean ground beef or lean ground chicken breast, or tofu)



DIRECTIONS:

1. Lay parchment paper out on a flat surface like your kitchen counter (need enough paper so that you can wrap your sandwich wrap in it).
2. Lay wrap out flat onto parchment paper.
3. Spread hummus evenly across middle area of wrap.
4. Top wrap with the carrots, tomatoes, cucumbers, peppers, spinach, and chickpeas - centering ingredients in the center of wrap.
5. Top with crumbled feta cheese.
6. Drizzle with balsamic.
7. Roll up your wrap, cut in half and enjoy!
8. To keep it from being super messy, or when I'm preparing this and then packing it for lunch that day, I wrap it in parchment paper to keep all the ingredients from spilling out before I get to eat it. Enjoy!

NUTRITION NOTES:

Along with complex carbohydrate (mostly from the wrap & chickpeas), protein (from your protein of choice, chickpeas & whole-wheat wrap), and little fat (from your hummus & feta), this wrap provides you with some....

Roasted Red Peppers: vitamin C, fiber, vitamin A

Spinach: vitamin C, folate, iron, calcium

Carrots: vitamin A, fiber

Chickpeas (and hummus): fiber, protein, iron, folate, magnesium, phosphorus, manganese

Cucumber: fluid and fiber

Feta: protein, calcium, phosphorus