

White Bean Hummus Wraps

with Avocado and Bell Pepper



The silkiness of the white beans combined with the rich avocado and crunchy cucumbers and bell peppers make this vegetarian recipe a winner of a lunch or dinner.

White Bean Hummus Ingredients

- 15.5 oz. canned, no-salt-added, low-sodium white beans (like cannellini) (drained, rinsed)
- 1 Tbsp. lemon juice
- 3 Tbsp. water
- 1/4 tsp. ground, sweet paprika
- 1/4 tsp. ground black pepper

Wrap Ingredients

- 1 medium tomato (thinly sliced)
- 1 medium cucumber (thinly sliced)
- 1 bell pepper (seeded, thinly sliced)
- 1 avocado (peeled, pit removed, sliced)
- 4 handfuls lettuce
- 4 (10-inch) whole-grain, low-fat wraps

White Bean Hummus Directions

1. Drain and rinse the beans; add into the bowl of a food processor, along with remaining ingredients.
2. Puree until the mixture is smooth, about 1 minute.

Wrap Directions

1. Chop all the vegetables: slice the tomato, cucumber, bell pepper, and avocado.
2. Spread about 1/3 cup white bean hummus over each wrap, leaving about a 1/2-inch border around the edges. Divide vegetables onto each wrap, placing over the hummus-not all the vegetables will be used.
3. Fold each side of the wrap up and then roll. Cut in half, if desired. Serve wraps with any extra vegetables and dip that is leftover.

