



Source: <https://recipes.heart.org/en/recipes/white-bean-hummus-wraps-with-avocado-and-bell-pepper>

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WHITE BEAN HUMMUS WRAPS WITH AVOCADO AND BELL PEPPER

Yields: 4 Servings

INGREDIENTS

For the White Bean Hummus:

- 15.5oz canned, no salt added white beans (like cannellini) drained and rinsed
- 1 Tbsp. lemon juice
- 3 Tbsp. water
- ¼ tsp. ground, sweet paprika
- ¼ tsp. ground black pepper

For the Wraps:

- 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 wraps

DIRECTIONS

For the White Bean Hummus:

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.

For the White Bean Hummus:

3. Chop all the vegetables: slice the tomato, cucumber, bell pepper, and avocado.
4. Spread about 1/3 cup white bean hummus over each wrap, leaving about 1/2 -inch border around the edges. Divide vegetables onto each wrap, placing over the hummus-not all the vegetables will be used.
5. 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.

Nutrition Information (Per 1 Serving): 345 Calories, 12g Fat, 2.3g Saturated Fat, 0mg Cholesterol, 88mg Sodium, 49g Carbohydrates, 26g Dietary Fiber, 5g Sugar, 13g Protein