

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 Simple Cooking with Heart vegetarian recipe a winner of a lunch or dinner.

Ingredients

For the white bean hummus:

15.5 oz. canned, no-salt-added, or, 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

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, low-fat **wraps**

Directions

For the white bean hummus:

Drain and rinse the beans; add into the bowl of a food processor, along with remaining ingredients.

Puree until the mixture is smooth, about 1 minute.

For the wraps:

Chop all the vegetables: slice the tomato, cucumber, bell pepper, and avocado.

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.

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.

Quick Tips



Cooking Tip: Any type of beans can be magically turned into hummus. Just follow the instructions above using whatever bean you want – chickpeas, black bean, kidney beans, etc. Layer onto a wrap like in this recipe or use as a dip with veggies.

Keep it Healthy: When choosing lettuce, remember that the darker the color of the greens, the more nutrients and vitamins packed into it. For example, Romaine lettuce is more nutritious than iceberg lettuce.

Tip: Serving size 1 wrap

Tip: Transporting this for a work lunch? Place the wrap in foil for each transporting and make sure to drizzle a little lemon juice over the avocado slices to prevent browning.

 Calories

345 Per Serving

 Protein

13g Per Serving

 Fiber

26g Per Serving

 Cost Per Serving

\$3.48

Nutrition Facts

Calories	345
Total Fat	12.1 g
Saturated Fat	2.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	5.9 g
Cholesterol	0 mg
Sodium	88 mg
Total Carbohydrate	49 g
Dietary Fiber	26 g
Sugars	5 g
Protein	13 g

Dietary Exchanges

2 vegetable, 2 1/2 starch, 2 fat