



Home Run Hummus Wrap

Keep kids energized and satisfied with this delicious, healthy wrap made with beans and veggies.



SERVINGS: 6

SERVING SIZE: 1 wrap

INGREDIENTS:

- 6 8-inch whole-wheat tortillas
- 1½ cups prepared hummus
- 1 cup red bell pepper, cut into ¼-inch strips
- 1½ cups carrots, grated
- 1½ cups baby spinach leaves

DIRECTIONS

1. Place the 6 tortillas on a clean surface.
2. Place ¼ cup hummus in the center of each tortilla. Use a butter knife to spread the hummus evenly from side to side across the center of the tortilla.
3. Top the hummus with 4–6 red pepper strips and ¼ cup grated carrots.
4. Divide the spinach leaves evenly between each tortilla, arranging the leaves over the top of the other vegetables.
5. Fold the bottom edge of the tortilla up and over the vegetables, and then continue rolling up to the top edge.
6. Cut each wrap diagonally across the center width of the wrap.
7. Place both halves on a plate to serve.



SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for **Home Run Hummus Wrap** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



OPTIONS

- Consider using other vegetables in this wrap. Cucumbers, zucchini, and shredded purple cabbage would be colorful and delicious.
- This wrap is also a satisfying snack to share with friends.

Food Demonstration Samples: To serve for a demonstration tasting, cut each wrap into 4 equal pieces. Place a toothpick through each piece and assemble on a tray. Alternately, place each sample piece in a small cup. Makes 24 samples.

NUTRITION INFORMATION

Amount per serving: 1 wrap; **Calories:** 249; **Total Fat:** 9 g; **Saturated Fat:** 2 g; **Sodium:** 428 mg; **Potassium:** 366 mg; **Total Carbohydrate:** 33 g; **Dietary Fiber:** 8 g; **Sugars:** 2 g; **Protein:** 10 g; **Vitamin A:** 5824 IU; **Vitamin C:** 23 mg; **Vitamin D:** 0 IU; **Calcium:** 106 mg; **Iron:** 2 mg.

Get children involved in making the recipe!

SHOW them how to:

- Spread the hummus across the tortilla.
- Use a box grater to grate the carrots (for ages 6–7 and up with adult supervision).
- Arrange the vegetables in each wrap.



Share these fun facts:

- * Hummus is a bean dip, or spread, made from cooked garbanzo beans (chickpeas), garlic, lemon juice, and sometimes sesame seeds.
- * Hummus is commonly eaten in Middle Eastern countries. The smooth bean spread is sometimes eaten with flat bread with a meal.

