

Simple Veggie Wrap

A quick and tasty vegetarian wrap perfect for a long school day lunch. Made with common ingredients, it's easy to prepare and convenient to carry.


10 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 large tortilla wrap
- 2 tablespoons hummus
- 1/2 cup shredded lettuce
- 1 small tomato, sliced
- 1/4 cucumber, thinly sliced
- Salt and pepper to taste

Steps

- 1 Lay the tortilla flat on a clean surface.
- 2 Spread the hummus evenly over the tortilla.
- 3 Layer the shredded lettuce, tomato slices, and cucumber slices on top of the hummus.
- 4 Sprinkle a pinch of salt and pepper for taste.
- 5 Roll the tortilla tightly into a wrap.
- 6 Slice in half if desired, and wrap in foil or parchment paper to keep fresh for lunch.