

Vegetable Tortilla Wrap

This delicious Vegetable Tortilla Wrap is a perfect blend of fresh veggies and creamy hummus, all wrapped up in a soft tortilla. It's a quick and healthy meal option that's great for lunch or a light dinner.


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 large tortilla
- 1/2 cup mixed bell peppers, sliced
- 1/4 cup cucumber, sliced
- 1/4 cup carrot, grated
- 2 tablespoons hummus
- 1 tablespoon fresh parsley, chopped
- 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 sliced bell peppers, cucumber, and grated carrot on one half of the tortilla.
- 4 Sprinkle with fresh parsley, salt, and pepper.
- 5 Fold the tortilla over the fillings and roll tightly.
- 6 Cut in half and serve immediately or wrap in foil for later.