

GRILLED ZUCCHINI HUMMUS WRAP



2 servings



15 minutes



INGREDIENTS

1 zucchini, ends removed and sliced
1 tablespoon olive oil
1 tomato, sliced or handful of cherry tomatoes
½ cup sliced red onion
1 cup green leaf lettuce
2 slices low fat mozzarella cheese
2 large whole wheat tortillas or flatbread
4 tablespoons hummus

DIRECTIONS

1. Heat a skillet or grill to medium heat.
2. Remove the ends from the zucchini and slice length wise into strips. Toss sliced zucchini in olive oil and sprinkle with pepper.
3. Place sliced zucchini directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes. Set zucchini aside.
4. Place the tortillas on grill for approximately one minute, or just until grill marks are visible and tortillas are pliable.
5. Remove tortillas from grill and assemble wraps, 2 tablespoons of hummus, one slice of cheese, zucchini slices, ½ cup lettuce, onion and tomato slices. Wrap tightly and enjoy immediately.