

5 A Day Recipes

Main Dishes

Vegetable Wraps with Chicken and Hummus

Serves 4

Provides 1½ vegetable servings per person

Wraps are a great choice for your next picnic or springtime outing. They are neat, easy to pack, and your my family will love them. Combine a cup of diced cooked chicken with ½ cup of chopped cucumber, red bell pepper, raw sugar snap peas, and arugula. Stir in a ½ cup of hummus to hold it together. Lay a lettuce leaf on each of the 4 wraps and spread the vegetable mixture, leaving a ½ inch border all around. Roll tightly, tucking in the sides as you go, making a neat package-no loose ends with this snack. This healthful treat provides 1 ½ servings of vegetables for each person.

- 1 cup diced cooked chicken
- ½ cup chopped cucumber
- ½ cup chopped red bell pepper
- ½ cup chopped raw sugar snap peas
- ½ cup chopped arugula
- ½ cup hummus
- 4 wraps or flour tortillas
- 4 lettuce leaves (leaf or butter lettuce works best)

1. Combine the chicken, cucumber, bell pepper, peas, arugula, and hummus in a bowl. (You can add different vegetables according to the season and your family's preferences.)

2. Lay the wraps on the counter and cover each with a lettuce leaf. Divide the vegetable mixture among them and spread, leaving at least a half-inch border around the edge. Roll up tightly, tucking in the edges as you roll. Cut in half and wrap in plastic food film.

Nutritional Analysis per serving:

190 calories
3 g fat
16% calories from fat
1 g saturated fat
5% calories from saturated fat
25 g carbohydrates
355 mg sodium
10 g dietary fiber