Hummus And Grilled Vegetable Wrap
Cheap, Fast and Healthy, Dec. 5th

Ingredients:
- 2 med zucchini, cut lengthwise into 1/4 inch slices
- 2 t olive oil
- 1/8 t salt
- Pinch freshly ground pepper
- 1 c Hummus
- 4 whole wheat tortillas
- 1/4 c pine nuts, toasted
- 1 med red bell pepper, thinly sliced
- 2 oz. baby spinach leaves
- 1/2 c red onion, thinly sliced

Directions:
1. Preheat the grill (outdoor or indoor) over med. heat. Brush both sides of zucchini slices with the oil and sprinkle with salt and pepper. Grill until tender and slightly browned, about 4 min per side.
2. Spread 1/4 c of hummus over each tortilla. Sprinkle 1 T of pine nuts on top. Top with zucchini, red pepper, 1/2 c spinach and a few onions. Roll each tortilla and cut in half. Enjoy!!

Servings 4