Simple Hummus without Tahini
Nov 30th, 2015

Ingredients
- 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
- 2 to 4 tbsp. water
- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 garlic clove, minced
- ¾ tsp. ground cumin
- ¼ to ½ tsp. salt

Directions
1. Add the garbanzo beans, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and ¼ teaspoon of salt to a food processor. Process until smooth and creamy. If needed, add additional water to thin out the hummus and ¼ teaspoon of salt to your taste preference.

2. Store covered in the refrigerator.

Baked Buffalo Chicken Wrap
Nov 30, 2015

Ingredients
- ¼ cup flour
- 1 egg, whisked
- ¾ cup panko breadcrumbs
- 1 chicken breast, sliced into chicken tenders
- 2 pieces of romaine lettuce, left whole
- 2 large flour tortillas
- ½ cup buffalo sauce
- 2 tbsp shredded cheddar cheese
- 2 tablespoons ranch – or – blue cheese dressing

Directions
1. Preheat oven to 400°. Meanwhile, begin by lining up flour, egg, and panko. Starting with the flour, dredge the chicken tenders. Make sure to get the excess flour off. Next, dip the chicken in the egg and drain excess as well. Finally roll chicken tenders in the panko breadcrumbs until fully coated.

2. Place chicken tenders on a baking sheet and cook until golden brown about 15 minutes. Make sure to flip chicken tenders half way through.

3. In a medium bowl add buffalo sauce and chicken tenders, toss with a pair of tongs until fully coated.

4. Place tortillas in a medium skillet to warm. I usually do a minute on each side. This will make the tortilla easier to work with and roll. Place tortilla on a flat work surface and topped with 1 piece of lettuce, ½ of the chicken, 1 tbsp cheese, and 1 tbsp ranch dressing –or– blue cheese dressing. Roll up the tortilla carefully, cut in half and enjoy!