



# COOKING:

## Hummus Veggie Wraps

### KITCHEN GEAR :

- Food processor
- Can opener
- Colanders
- Measuring cups and spoons
- Knives
- Cutting board
- Juicer
- Grater
- Dressing bottle
- Serving bowls
- Serving Spoons
- Rubber spatulas (for spreading hummus)
- Tongs

### INGREDIENTS :

- 2 package of whole-wheat tortillas, flat bread, or wraps

### Hummus

- 5 cans of chickpeas (opened and rinsed well)
- 1 ½ cups tahini (with some of the oil)
- 1 ½ cups of olive oil
- 4 cloves of garden
- ¾ teaspoon of salt
- 3 tablespoons cumin
- Juice of two lemons



### Veggies

- Wash large bunch of greens and pat dry with paper towels
- Grate large bag of full sized carrots
- Peel and slice 4 avocados
- Juice of two lemons

### Dressing

- 9 tablespoons of olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon of whole grain vinegar
- Juice of two lemons

*(Shake vigorously in glass bottle)*

### INSTRUCTIONS :

1. Lay tortilla flat on a plate
2. Smear a ¼ cup of hummus down the middle
3. Add veggies on top of the hummus
4. Drizzle with dressing
5. Fold in the top and bottom of the tortilla and roll up
6. Enjoy!!!

- \*Some fun sides to make a complete lunch
- Apple slices (students can use apple slicers to make)
  - Pita chips