

Mediterranean Veggie Wrap

Wrap méditerranéen aux légumes

10 min

Easy

360 kcal per serving

Lunch

Vegetarian

Quick



Ingredients

FOR ONE SERVING

Whole wheat wrap (<i>Wrap complet</i>)	1
Hummus (<i>Houmous</i>)	3 tbsp
Cucumber (<i>Concombre</i>)	0.5
Tomato (<i>Tomate</i>)	1
Feta cheese (<i>Fromage feta</i>)	30 g
Mixed greens (<i>Mesclun</i>)	30 g

Nutrition facts

PER SERVING

Calories	360
Protein	12 g
Carbohydrates	40 g
Fat	16 g
Fiber	5 g

Preparation

- 1 Lay the whole wheat wrap flat on a clean surface.
- 2 Spread the hummus evenly over the wrap, leaving a small border around the edges.
- 3 Slice the cucumber and tomato into thin pieces.
- 4 Arrange the mixed greens, cucumber, tomato, and feta cheese over the hummus.
- 5 Season lightly with salt and pepper if desired.
- 6 Tightly roll up the wrap from one side to the other.
- 7 Cut the wrap in half and serve right away.

GOOD TO KNOW

If the wrap feels too full, tuck in the sides before rolling to keep everything inside.