

Hummus and Vegetable Roll-ups



Yield: 6 as a light lunch or 12 as an appetizer

Ingredients:

6 Flour tortillas, preferably whole wheat (used Patty Pan's tortillas)

6 handfuls of Baby lettuce, arugula, or spinach or a blend (can also use julienned romaine lettuce)

1 C (generous) hummus, either home-made or store bought

1 C Grated carrots *

1 C (generous) of julienned cucumbers (peel only if skins are tough, scrape seeds out as needed)

½ C Zucchini Pickles, including onions

1 Avocado (medium), thinly slice

Salt and black pepper

Method:

Place tortilla on a work surface such as a cutting board and spread 3 T of hummus on the upper 2/3 of the tortilla, spreading out to the edges. Lay a handful of lettuce greens horizontally on the lower part of the hummus and place scant ¼ C of both grated carrots and cucumbers on top. Season with salt and pepper. Spread several pieces of zucchini pickles and onions horizontally on top of the vegetables and spread several slices of avocado on top.

Roll the bottom third of the tortilla over the vegetables and tuck in tightly under the hummus and continue to roll up, using the hummus as a glue. Place on a tray or plate seam side down and continue with the rest of the roll-ups. Slice in half on an angle for a light lunch or into spirals, secured with toothpicks as an appetizer.

Note: * Feel free to add or substitute other seasonal vegetables, i.e. raw or roasted sweet pepper strips, radish sprouts,