



Guacamole, Cabbage and Hummus Wrap

Looking for something quick and different for lunch? Try this!

Ingredients:

- ³⁵/₁₇ 100 calorie package of guacamole (look for this in the deli section of the grocery store)
- ³⁵/₁₇ 1 Tb. Hummus
- ³⁵/₁₇ 1 Tb. red onion, chopped
- ³⁵/₁₇ ½ cup red cabbage, shredded
- ³⁵/₁₇ 1 8-inch whole grain tortilla (make sure to look for those that are lower in sodium)

Procedure:

1. Spread the guacamole and hummus on the tortilla.
2. Top with red onion and cabbage.
3. Roll to make a wrap.

Nutrition information per wrap: 265 calories, 23 grams of carbohydrate, 18 grams of fat (healthy fat) and 350 milligrams of sodium

Enjoy!