Vegetarian Roasted Red Pepper and Avocado Wrap with Spicy Hummus



A SUPER simple vegetarian dish, that is simple and perfect for the individual on the go! It also can be converted to make an appetizer.

Timing

Prep time	Total time	Skill level
20	**20**	**Easy**

What You'll Need

- 1/2 cup tahini or cashew butter

Roasted Red Pepper and Avocado Vegetarian Wrap

- 2 10- inch multigrain wraps
- Spicy Hummus
- 2 roasted red peppers, cut into 1-inch pieces
- 1 large carrot, grated
- 1 avocado, peeled and pitted, cut into small pieces
- Sea salt and black pepper to taste
- 4 Romaine lettuce leaves

Spicy Hummus

- 1 15oz can cooked chickpeas (garbanzo beans), salt-free
- 1/4 cup olive oil
- 2 tbsp honey
- 1/4 cup lemon juice
- 1 tsp ground cumin
- 1 tsp dried basil
- 1 tsp paprika
- 1 tsp chili powder
- 1/8 tsp cayenne powder
- Sea salt and black pepper to taste

Directions

Roasted Red Pepper and Avocado Vegetarian Wrap with Spicy Hummus

1. Lay a wrap on a flat surface. Spread about 1/4 cup of Spicy Hummus on the wrap.
2. Place the red peppers, carrots, and avocado onto the top. Season with sea salt and pepper to taste. Place a lettuce leaf on top.
3. Fold the left side and the right side toward the center. Roll up the wrap tightly from bottom to top. Press down to make sure it is pressed together.
4. Secure with two toothpicks – one on each side of the wrap. Cut the wrap in half on a diagonal. Repeat with the other wrap. Serve.

Tip: This recipe can be used to make mini appetizer wraps. Cut the wrap into small triangles. Place some of the hummus, red pepper, avocado, carrot, and romaine on each triangle. Roll up the triangle starting with the wide end. Secure with a toothpick. Serve.

To roast the peppers: Cut the peppers in half and remove the seeds. Flatten the peppers. Place on a baking sheet and place under the broiler. Broil until the skins blacken. Remove from the oven and let cool. Peel the skin off the peppers and discard the skins. This can be done ahead of time. The peppers can be stored in an airtight container in the refrigerator for several days or in the freezer for a longer period.

Spicy Hummus

1. Drain and rinse the chickpeas and place in a food processor.
2. Add the rest of the ingredients (except for the salt and pepper).
3. Process until smooth. Extra water can be added to provide the desired consistency.
4. Season with sea salt and pepper to taste.
5. Transfer to an airtight container and store in the refrigerator. Keeps for 1 week.