

MEDITERRANEAN GRILLED VEGGIE WRAP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 wrap)

Nutrition (per serving)

Calories: 235

Total Fat: 11 g

Saturated Fat: 3 g

Sodium: 468 mg

Total Carbohydrate: 24 g

Dietary Fiber: 7 g

Protein: 14 g



Ingredients

- 1/2 cup hummus
- 4 whole grain flatbreads/wraps (choose gluten free for GF version)
- 4 cups grilled zucchini and/or yellow squash (about 4 medium zucchini/yellow squash)

Dressing

- 1/3 cup cucumber, chopped
- 1/4 cup plain, nonfat Greek yogurt
- 3/4 Tablespoon garlic, minced

- 1/4 cup reduced fat feta cheese
- 2 Tablespoons red onion, chopped
- 1 cup arugula

- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon extra-virgin olive oil



Directions

1. Spread hummus on one side of flatbread.
2. Add squash, cheese, onion and arugula.
3. In a small bowl, mix dressing ingredients. Spoon onto wrap and roll up.