



Makes 4 wraps
Preparation Time: 15 minutes

INGREDIENTS:

$\frac{2}{3}$ cup oil-free hummus

$\frac{1}{4}$ cup sliced scallions (green onions)

4 6-inch whole wheat tortillas

1½ cups fresh baby spinach

1 cup chopped baked sweet potato (no skin)

$\frac{1}{4}$ cup chopped red bell pepper

2 tablespoons sunflower kernels, toasted

Sweet Potato and Veggie Wraps

Hummus and baked sweet potato add heft along with luscious texture to these vegan veggie roll-ups. You can also skip slicing and enjoy them as wraps.

Note that this recipe calls for baked sweet potato. One of our favorite healthy-eating hacks is to bake a few potatoes or sweet potatoes at once and stash them in the fridge (wrapped individually in cling wrap) to use throughout the week.

Once the wraps are assembled, we recommend refrigerating them at least 1 hour for the best taste and texture. But you can also dig in right away!

By Nancy Macklin, RDN

- 1** In a small bowl stir together hummus and scallions. Spread over tortillas. Top with spinach, sweet potato, bell pepper, and sunflower kernels; gently press into the hummus.
- 2** Roll up tortillas and wrap individually using plastic wrap or reusable wrapper. Refrigerate at least 1 hour. Slice rolls into 1-inch pieces.