



Makes 1 wrap
Preparation Time: 15 minutes

INGREDIENTS:

¼ cup chopped tomato
¼ cup chopped cucumber
2 tablespoons chopped scallions
½ teaspoon lemon juice
1 8-inch whole grain tortilla
2 tablespoons oil-free hummus

Israeli Breakfast Salad Wrap

This savory breakfast **wrap** is packed full of fresh produce and creamy **hummus** for a morning meal that will keep you full until lunch. Lemon juice adds brightness, and chopped scallions offer a tangy onion flavor that pairs perfectly with cooling cucumber. Feel free to make these the night before; just cover tightly with plastic wrap and store in the fridge until you're ready to dig in!

By Mary Margaret Chappell

- 1** In a small bowl combine chopped tomato, cucumber, scallion, and lemon juice; toss gently.
- 2** Spread hummus on the tortilla and top with salad. Roll up burrito-style.