



Makes 4 wraps
Preparation Time: 15 minutes

INGREDIENTS:

4 10-inch whole wheat flour tortillas

2 cups hummus or other desired spread

1 cup cooked quinoa or desired whole grain

2 cups fresh spinach

2 medium tomatoes, thinly sliced

Quick Hummus and Quinoa Wraps

Quinoa and hummus make a surprisingly tasty flavor pairing. Roll them up in a tortilla with fresh spinach and tomato for a great make-and-take lunch. We recommend our [Sweet Potato Hummus](#), [Sonoran Desert Tepary Bean and Roasted Red Pepper Hummus](#), or [Herbed Hummus](#), but you can use any oil-free spread of your choosing.

By Darshana Thacker Wendel

- 1 In a dry skillet heat tortillas, one at a time, on both sides until warm.
- 2 Spread tortillas with hummus (or desired spread), using ½ cup for each tortilla, and top with quinoa. Divide spinach and tomatoes among tortillas; roll up tortillas.
- 3 Serve immediately, or wrap in waxed paper or plastic wrap and store in refrigerator up to 2 days.