

## Greek Salad Wrap

Total time: 5-10 minutes prep & assembly

Serving: 1

Equipment: medium-large knife, cutting board

Ingredients:

Whole-wheat tortilla

3-5 slices of tomato

2 large leaves of lettuce

2-4 slices of red onion

4-5 slices of cucumber

2 tablespoons hummus

1/2 tablespoon pesto

2 teaspoons balsamic vinegar

2-3 tablespoons crumbled feta (optional)

Spread hummus, pesto and balsamic on tortilla. Assemble remaining ingredients in middle of wrap. Fold up bottom and roll up until secure.

