

Veggies and homemade hummus



Ingredients

- 1 tablespoon parsley
- 1 tablespoon fresh lemon rind
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 1 19-ounce can chickpeas, drained and rinsed
- ½ cup diced tomatoes, drained
- 2 tablespoons tahini

Directions

Combine all spices, chickpeas, tomatoes and tahini into a blender or food processor. Blend to desired consistency.

Nutritional information

- Per ½ cup serving
- 74 calories
- 3 g protein
- Less than 1g fat
- 0 mg cholesterol
- 14 g carbohydrates
- 3 g dietary fiber
- 180 mg sodium

Whole wheat wraps



Ingredients

1 ounce turkey breast slices (optional)
1/2 cup black beans rinsed and drained
(low sodium or no salt added)
1/2 small onion, peeled and sliced
1/2 green pepper, seeded and chopped
1/2 red pepper, seeded and chopped
1/4 small avocado
1/2 cup cilantro
1/4 cup mango, diced
Juice of 1/2 lime
Dash of pepper
1/8 teaspoon cumin
1/8 teaspoon chili powder
1 whole wheat tortilla

Directions

Heat a nonstick skillet over medium heat. Sauté onion and bell peppers for 5 minutes. Add beans, chili powder, pepper and cumin. Mix well and sauté for 5 to 10 more minutes.

In a small mixing bowl, combine avocado, lime juice, mango and cilantro.

Warm tortilla. Add turkey slices and fill with bean mixture. Fold stuffed tortilla into a wrap and top with mango-avocado mixture.

Optional: Garnish with nonfat or low-fat sour cream.

Nutritional Information

446 calories
12.5 g fat (no cholesterol or trans fat,
and packed with heart healthy
monounsaturated fat)
59 g carbohydrates
14 g dietary fiber
(64 percent of a 2,000 calorie diet)
480 mg sodium
16 g protein

