

Roasted Vegetable Wrap with Hummus

1 summer squash, chopped
1 zucchini, chopped
1 pint sliced mushrooms
1 cup yellow onion, sliced
1 large tomato, chopped
1 tbsp olive oil
1 tsp fresh ground black pepper
4 tbsp roasted red pepper hummus
1 cup part skim shredded mozzarella
4 whole wheat tortillas

Combine chopped vegetables and tomatoes in medium bowl. Add olive oil and pepper and mix. Place in oven for 10 minutes on broil until vegetables are cooked. Heat tortilla shells in microwave for approximately 20 seconds. Spread each tortilla evenly with hummus, vegetables and $\frac{1}{4}$ cup cheese. Roll up and serve.

Serves 4

Calories 350 Fat 12g Carbohydrate 37g Dietary Fiber 5g Protein 15g Sodium 420mg