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**ROASTED RED PEPPER HUMMUS WRAP**

Here’s another recipe from Engine 2. With protein-rich hummus and all the green veggies your heart desires, this midday meal is irresistible. Wrap it up for an on-the-go lunch, or whip it up in no time - just remember to savor every bite! The orange on the side helps you absorb the iron in the spinach. Makes 1 medium serving.

**Ingredients:**

* 1 tortilla whole wheat or gluten free
* ¼ cup Roasted Red Pepper Hummus (you can buy this at any store premade)
* ½ cup spinach
* ¼ cucumber, chopped into small pieces
* ¼ red pepper, cut into strips
* ¼ yellow pepper, cut into strips
* ¼ onion, sliced into strips
* ¼ avocado, cut lengthwise
* 1 orange

**Method:**

1. Spread the roasted red pepper hummus onto the tortilla (whole-grain or gluten-free).
2. Layer with spinach, cucumber, red and yellow pepper strips, onion, and avocado slices.
3. Roll up burrito-style by tucking the sides in before you roll.
4. Serve with an orange on the side.