

Mediterranean Beef And Veggie Wraps

In about 10 minutes you've got an easy, portable Mediterranean beef wrap made with common ingredients and fresh vegetables.

INGREDIENTS

12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced

4 medium whole wheat flour tortillas (8 to 10-inch diameter)
Hummus, any variety or Garlicky White Bean Spread (recipe follows)

Fresh salad greens (such as baby spinach, arugula, mixed salad greens or thinly sliced Romaine)

Grape tomatoes halves, shredded carrots, red bell pepper strips, thinly sliced cucumber, thinly sliced red onion



15 Min



4

Servings



42 Cal



22g

Protein

COOKING

1. Spread each tortilla evenly with hummus, as desired, leaving 1/4-inch border around edge. Top with equal amounts salad greens and vegetables, as desired. Top evenly with and beef slices. Roll up tightly.

Garlicky White Bean Spread: Combine 1 can (15-1/2 ounces) great Northern or cannellini beans, rinsed, drained, 2 tablespoons water, 1 tablespoon lemon juice, 1 tablespoon olive oil, 1 teaspoon white wine vinegar, 1 small clove garlic, minced and ½ teaspoon salt in blender or food processor. Blend until smooth.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		8g	38mg		31g	22g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com