

MEDITERRANEAN VEGETABLE WRAPS

WITH TAHINI-LEMON DIP

easy | **RECIPE**
From Personal Best®

- 4 sheets **rice paper** (for wraps)
- ½ cup **hummus**
- ½ cup **kale**, shredded
- ½ cup **carrots**, shredded
- ½ cup **cucumber**, cut into matchsticks
- 3 tbsp **fresh mint**
- Pinch ground **cumin**
- 1 tbsp **sesame seeds**

DIP

- 1 tbsp **tahini** (sesame seed paste)
- 2 tbsp **lemon juice**
- 2 tsp **Greek yogurt**
- Pinch **salt**

1. Soak rice paper so it's pliable, per package directions. Let excess water drip off. **2. Place** rice paper on plate. Spread 1 tbsp of hummus in center of rice paper. Top hummus with kale, carrots, cucumber, mint, cumin and sesame seeds. **3. To wrap**, lift 1 side of rice paper and pull it over fillings. Fold the 2 sides over fillings. Continue rolling to seal seam. Repeat with remaining rice paper and fillings. **4. Prepare** dip by stirring together tahini, lemon juice, Greek yogurt and salt. Serve wraps with dip.



Makes 4 rolls. Per serving (2 rolls):

227 calories | 8g protein | 10g total fat | 2g saturated fat | 4g mono fat | 4g poly fat
53g carbohydrate | 1g sugar | 5g fiber | 406mg sodium