Dinner, Mediterranean

Balsamic Grilled Summer Vegetable Wraps

Zucchini, yellow squash and red bell pepper pick up a quick balsamic marinade before a turn on the grill, then roll up in soft tortillas with creamy hummus and fresh basil.



Nut free

15 min	110	11 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp olive oil
- [ ] 2 tbsp balsamic vinegar
- [ ] 1/4 tsp black pepper
- [ ] 1 med zucchini (sliced lengthwise into 8 slices)
- [ ] 1 med yellow squash (sliced lengthwise into 8 slices)
- [ ] 1 med red bell pepper (sliced into 4 slices)
- [ ] 4 large whole wheat flour tortillas (low carb, about 10 inch diameter)
- [ ] 1/2 cup hummus
- [ ] 8 leaves fresh basil

Nutrition Facts

Per serving

Calories	110
Total fat	7 g
Saturated fat	1 g
Sodium	120 mg
Total carbs	11 g
Fiber	2 g
Total sugars	5 g
Protein	4 g

Method

- [ ] **1** Start by getting an indoor or outdoor grill hot.
- [ ] **2** Pour the olive oil, balsamic vinegar and black pepper into a large bowl and whisk until the mixture is blended.
- [ ] **3** Slip the zucchini, yellow squash and red bell pepper slices into this mixture and give them 5 minutes to soak up the flavor.
- [ ] **4** Cook the vegetables on the hot grill, allowing 2 to 3 minutes per side.
- [ ] **5** Set a whole wheat flour tortilla flat, cover it with 2 tbsp of hummus, lay two leaves of fresh basil over that, and finish with 2 slices of zucchini, 2 slices of yellow squash and 1 slice of red bell pepper.
- [ ] **6** Bring the two opposite edges of the tortilla inward and roll the whole thing up the way you would a burrito. Enjoy the wraps right away, or seal each one snugly in plastic and store it in the refrigerator.

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