RECIPE

Hummus Veggie Wraps

A whole-wheat pita rolled around our own hummus, soft kale, carrot, cucumber, red pepper and sunflower seeds, a snack that packs for a day on the trail.

MAKES

4 servings US Metric

TOTAL

20 min

Ingredients

- [ ] 4 large whole-wheat pitas (6½-inch, 64 g each, 256 g in all)
- [ ] 1 cup cooked chickpeas, no-salt-added canned, drained and rinsed
- [ ] 2 tbsp tahini, stirred well
- [ ] 1 tbsp olive oil
- [ ] 4 tsp lemon juice, for the hummus
- [ ] ⅓ tsp garlic powder
- [ ] 0 tsp ground cumin
- [ ] 0 tsp salt
- [ ] 4 cups chopped kale, stems removed
- [ ] 1 tbsp lemon juice, for the kale
- [ ] 1 cup grated carrot
- [ ] 2 cups sliced cucumber
- [ ] 1 cup sliced red bell pepper
- [ ] ¼ cup unsalted dry-roasted sunflower seeds

Method

1. Make the hummus: blend the chickpeas, tahini, olive oil, 4 tsp lemon juice, garlic powder, cumin and salt until thick. With the blender running, add the ice water 1 tbsp at a time until it is smooth and spreadable, about 2 minutes in all.

2. Put the kale in a bowl with the 1 tbsp lemon juice. Squeeze it with your hands for about 1 minute, until it darkens and softens.

3. Lay a pita flat. Spread about ¼ cup of the hummus across it, leaving 1 inch bare at the edges.

4. Pile a quarter of the kale down the middle first, so it sits between the hummus and the wet vegetables. Add a quarter each of the carrot, cucumber and pepper, then 1 tbsp of the sunflower seeds.

- [ ] 3 tbsp ice water, for the hummus

5. Fold the bottom edge of the pita up over the filling, fold the two sides in, and roll it up tight. Make the other three the same way.

6. To pack for the day: wrap each roll snugly in parchment or foil and carry it in a bag with an ice pack. Eat it within 2 hours of taking it out of the refrigerator (USDA 2-hour rule); after that, throw it away.

7. At home, keep the leftover hummus in a covered container in the refrigerator up to 5 days (our kitchen practice; we hold no published source for it yet). For lunches later in the week, roll the wraps the morning you eat them.