

Grilled Bell Pepper & Zucchini Hummus Wrap

Yield: 2

Adapted from: Mabel's Simply Easy Recipes

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 1 zucchini, ends removed and sliced thin
- 1 red bell pepper stem and seeds removed, sliced lengthwise to 3-inch strips
- salt and pepper to taste
- 1 tablespoon olive oil
- 1/3 cup of cherry tomatoes sliced lengthwise
- 1/8 cup sliced red onion
- 1 cup kale, tough stems removed
- 2 slices pepper jack or smoked mozzarella
- 2 large tortillas
- 4 tablespoons hummus

Instructions:

1. Heat a skillet or grill to medium heat.
2. Remove the ends from the zucchini and slice length wise into 4 strips. Cut bell pepper length wise into 2-3-inch strips. Toss bell pepper and zucchini with light drizzle with olive oil, sprinkle with salt and pepper.
3. Place sliced zucchini and bell pepper directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes.
4. Set grilled vegetables aside.
5. Place the tortillas on grill for approximately one minute, or just until grill marks are visible and tortillas are pliable.
6. Remove tortillas from grill and assemble wraps, 2 tablespoons of hummus, one slice of cheese, zucchini slices, 1/2 cup kale, onion and tomato slices.
7. Wrap tightly and place on grill toasting briefly until heated through and cheese melted.