

YIELD: 2

# Grilled Zucchini Hummus

## Wrap

Fresh veggies are grilled to perfection and packed in this Grilled Zucchini Hummus Wrap!



### PREP TIME

10 minutes

### COOK TIME

6 minutes

### TOTAL TIME

16 minutes

## Ingredients

- 1 zucchini, ends removed and sliced
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tomato, sliced or handful of cherry tomatoes
- 1/8 cup sliced red onion
- 1 cup kale, tough stems removed
- 2 slices white cheddar or chipotle gouda cheese
- 2 large tortillas (I use Mission gluten free)
- 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 strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper.
3. Place sliced zucchini directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes.
4. Set zucchini 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 enjoy immediately.

**Nutrition Information:** **YIELD:** 2 **SERVING SIZE:** 1

*Amount Per Serving:* CALORIES: 307 TOTAL FAT: 26g SATURATED FAT: 7g CHOLESTEROL: 20mg  
SODIUM: 342mg CARBOHYDRATES: 11g SUGAR: 1g PROTEIN: 9g

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**CUISINE:** Comfort Food / **CATEGORY:** Main Dish, Lunch, Vegetarian

<https://www.maebells.com/grilled-zucchini-hummus-wrap/>

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