

It's a Wrap!

By Jillian A. Mills
Photography by Marty Snortum Studio

Spring is in the air! So, with the holidays behind us, we don our new warm-ups that Santa so thoughtfully left us under the tree and begin our new exercise regimens with the promise of "this year I am going to get in shape!" Unfortunately, the fact of the matter is that with all of the demands on our time, our newly acquired exercise routines seem to drop off faster than those holiday pounds we put on when we devoured that second piece of pumpkin pie with extra whipped cream.



Never fear! Exercise is only one component when it comes to a healthy lifestyle. And while not much can be offered in the way of making those ankle weights any more comfortable, I can recommend to you an absolutely delicious option for lunch or dinner.

What could be healthier than chicken and veggies? Luckily, not only are chicken and vegetables healthy, but they're versatile as well. One delicious option is a wrap; save your bread for your morning toast and get out those tortillas. (You can even opt for wheat tortillas for a different texture, taste and the bonus of added fiber.) Also, though you might not be accustomed to hummus, it is definitely worth a try. Hummus is not only tantalizing to the taste buds, but also chock full of heart-healthy, monounsaturated fat and lean protein. That in mind, you may just want to keep a jar of this lovely condiment in the fridge as an alternative to mayo! And bear in mind that there is no hard, fast rule that applies to this recipe. Red bell pepper not your thing? Opt for some julienned baby carrots. Be creative in your selection - virtually any veggie that strikes your fancy will work in a wrap.

CHICKEN & HUMMUS VEGETABLE WRAPS

Serves 4

- 1 cup diced cooked chicken
- 1/2 cup chopped cucumber
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped raw sugar snap peas
- 1/2 cup chopped arugula
- 1/2 cup hummus
- 4 wraps or flour tortillas
- 4 lettuce leaves
(leaf or butter lettuce works best)


Combine the chicken, cucumber, bell pepper, peas, arugula, and hummus in a bowl. (You can add different vegetables according to the season and your family's preferences). Lay the wraps on the counter and cover each with a lettuce leaf. Divide the vegetable mixture among them and spread, leaving at least a half-inch border around the edge. Roll up tightly, tucking in the edges as you roll. Cut in half and wrap in plastic food film. ❁

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