Veggie Tortilla Roll Ups

Ingredients
1 Whole wheat tortilla
4 Tablespoons hummus
2 slices cheese
1/2 cup chopped fresh veggies (spinach, tomato, bell pepper, carrots, onion, olives, avocado)

Directions
1. Spread tortilla with hummus.
2. Top with cheese slices, then chopped veggies
3. Roll up and enjoy; heat for 30—60 seconds in microwave and/or cut into smaller pieces if desired

Makes 1 serving