

# Veggie Tortilla Roll Ups

**STUDENT  
HEALTH  
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## 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*