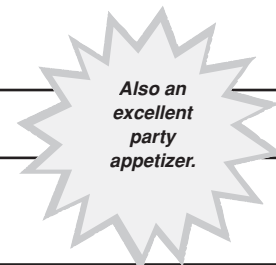


Mediterranean Roll-ups

Hands-on - 5 min.

Serves 2

You'll never say "Where's the meat?" when eating this delicious super-fast vegetarian sandwich. Just stop by the specialty section of your grocery store deli for prepared tabouli and hummus, and a package of lavash.



1	10" lavash flat bread* or flour tortilla	Lay out on a flat surface.
1/4 cup	ready-made hummus	Pile each in a long row, side by side on lavash or tortilla.
1/4 cup	ready-made tabouli	
10	Romaine lettuce leaves, whole or chopped	Add generously.
1 cup	Alfalfa or bean sprouts (opt)	Add as desired.
2 lg	tomatoes, chopped	Get ready to roll! Starting from the edge of a long side, roll it up. Cut in half. If eating later, wrap in plastic wrap. To eat as a sandwich, peel back a few inches of plastic wrap, eat, peel some more, eat... you get the idea! To eat as an appetizer, let "set" in the refrigerator for 2 or 3 hours. Then remove the plastic wrap. Cut the rolls into 1" slices, using a sawing motion.
10	red-tipped lettuce leaves or purple kale (opt)	Serve cut side up on a platter garnished with red-tipped lettuce or purple kale. P.S. Make more!

**Find lavash (sometimes spelled lawash) in the deli or bakery sections of your grocery store. It's a large flat bread like a tortilla.*

Nutrition information for a half roll-up

Calories	187	Fat	6 g	Fiber	5 g	Sodium	364 mg	Total Carbohydrate	29 g
Calories from Fat	28%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	7 g	Sugars	1 g