



VEGGIE AND ARUGULA ROLL UPS

INGREDIENTS:

8	Whole Wheat 8" Tortillas
2 cups	Grilled zucchini, summer squash and onion
2 cups	Hummus
2 cups	Arugula
	Salt and pepper to taste

INSTRUCTIONS:

Grill Veggies (1 each of zucchini, summer squash, small sweet onion)

Assemble tortillas, each with ~ ¼ cup (a good spoonful) of hummus, ¼ cup grilled veggies, a handful of arugula. Sprinkle with ~a pinch of salt and pepper to taste. Roll up and enjoy!

Serves 4-8 at 1-2 per person. Yummy and good for you!

CARLY HITZBERGER
5TH GRADE
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