

Israeli Salad Wraps

Recipe By Chaya Piatt



Cooking and Prep:  10
m

Serves:  4

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Vegan, Vegetarian,
Pescetarian, Low Fat, Low
Carb

This easy Israeli-inspired lunch is a great one for kids, especially after Shabbos when (if you're like me) you have leftover Israeli Salad on hand in the fridge.

Ingredients (11)

Israeli Salad

- 1 large red pepper, diced
- 1 large English cucumber, diced
- 2 medium tomatoes, diced
- 1/2 red onion, diced
- 2 tablespoons **Bartenura Olive Oil**
- 1 teaspoon vinegar

salt to taste

pepper to taste

Wraps

4 large wraps or 6 small

1 container hummus

1 (15-ounce) can chickpeas, drained and rinsed, or 15 ounces [Gefen Organic Chickpeas](#)

Start Cooking

Prepare the Wraps

1. Prepare all ingredients for Israeli Salad in bowl.
2. Take a wrap, add some store-bought hummus (I make my own but store-bought works too) to the middle of the wrap and spread evenly with back of spoon (use as much or as little of the hummus that you want). Add some chickpeas and then sprinkle on Israeli Salad.
3. Wrap it and cut in half. I roll foil around it so it all stays together for the lunch.

Note: You can use toothpicks to hold the wraps together