



by Maebells  
in Main Courses, Sandwiches

#### Web Page

<http://tastykitchen.com/recipes/main-courses/grilled-zucchini-hummus-wrap/>

## Grilled Zucchini Hummus Wrap

Prep: 10 mins  
Cook: 6 mins

Level: Easy  
Serves: 2

### Description

A grilled tortilla is packed with grilled zucchini, veggies, cheese and hummus for the ultimate healthy, gluten-free summertime meal!

### Ingredients

- 1 whole Zucchini
- 1 pinch Salt And Pepper
- 1 Tablespoon Olive Oil
- 2 whole Udi's Gluten Free Tortillas
- 1/8 cups Sliced Red Onions
- 4 Tablespoons Hummus
- 2 whole Slices White Cheddar Or Chiptole Gouda
- 1 cup Kale, Tough Stems Removed
- 1 whole Tomato, Thinly Sliced

### Preparation

Heat a skillet or grill to medium heat.

Remove the ends from the zucchini and discard them. Slice the remaining zucchini lengthwise into strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper.

Place sliced zucchini directly on the grill in a single layer and let it cook for 3 minutes then turn them over and cook for 2 more minutes. Set zucchini aside.

Place the tortillas on the grill for approximately one minute, or just until grill marks are visible and tortillas are pliable.

Remove tortillas from grill and assemble the wraps: 2 tablespoons of hummus, one slice of cheese, some zucchini slices, 1/2 cup kale, and some onion and tomato slices on each. Wrap tightly and enjoy immediately.