

Vegan Black Bean and Hummus Wrap

Recipe

Prep: 10 mins

Cook: 15 mins

Total: 25 mins

Servings: 2 servings

Yield: 2 wraps

Rip Esselstyn, author and founder of what was known as The Engine 2 Diet but is known today as Plantstrong, is a health and lifestyle advocate who emphasizes good and tasty eating that should be "plant-strong," or at least be plant-predominant for those who are still dipping their toes in the plant-based world. Wholesome eating doesn't have to be all or nothing, and this sandwich wrap—one of Rip's favorite—is an example that healthy doesn't have to be bland, or even complicated. Packed with protein from the hummus and beans, fiber from the veggies and whole-grain tortillas, and a whole lot of flavor, this easy lunch is ready in under 30 minutes. Mushrooms, onions, peppers, and corn are quickly sauteed in a pan, and once the wrap is assembled with a generous layer of hummus, beans, veggies, and strips of poblano pepper for a mild kick, it goes in the oven for 10 minutes. Served with guacamole and your favorite oil-free salsa, this wrap checks all the boxes: healthy, tasty, filling, and beautifully vibrant.

Named by Rip as the "Almighty Healthy Sandwich Wrap," this is a staple of Plantstrong eating, which started in, believe it or not, the heart of meat-loving Texas in, yes, a firehouse packed with observant carnivores reluctant to eat anything green. What started as a bet to see who had the lowest cholesterol level among the firefighters, Rip included, became a community effort to bring back everyone who needed it to health. Son of the famous Caldwell Esselstyn, the director of the Heart Disease Reversal Program at the Cleveland Clinic, Rip knew it all about the benefits of plant-based eating, having seen it first hand with all of his dad's patients, himself, and his entire family.

This tasty plant-based lunch is just one of the hundreds of possibilities that you can enjoy when eating whole foods that are mostly plants. Who said vegans eat just salads? Give it a try and see how healthy can also be delicious.

Ingredients

- 1 medium onion, chopped
- 1 medium bell pepper, seeded and chopped
- 4 ounces sliced mushrooms
- 1/2 can canned corn, rinsed and drained
- 8 ounces roasted red pepper roasted hummus, or 1 cup homemade hummus
- 2 large whole-grain wraps
- 1/2 can black beans, rinsed and drained
- 1 poblano pepper, roasted and cut into strips
- 1/2 package fresh spinach

For Serving:

- 1/2 cup guacamole
- 1/2 cup salsa

Steps to Make It

1. Gather the ingredients. Preheat oven to 450 F.
2. Sauté the onion until translucent. Add the bell pepper and cook for 2 to 3 minutes.
3. Add the mushrooms and corn.
4. Spread a layer of hummus on the wrap.
5. Add the sautéed vegetables, beans, poblano strips, and fresh spinach.
6. Roll into a burrito.
7. Place on a baking sheet, seam-side down, and bake for 8 to 10 minutes.
8. Serve the wrap warm, and top with guacamole and salsa.