

TURKEY, HUMMUS AND CUCUMBER WRAP

SERVES 4.

INGREDIENTS:

- 1 TBSP RED WINE VINEGAR
- 1 TSP EXTRA-VIRGIN OLIVE OIL
- 1 TSP FRESH OREGANO, CHOPPED
- 1 CLOVE GARLIC, MINCED
- 1 /2 TSP DIJON MUSTARD
- 1 /4 TSP FRESH GROUND BLACK PEPPER
- 1 ROMAINE HEART, CUT INTO 1/2 INCH STRIPS (SHOULD YIELD ABOUT 4 CUPS)
- 4 8-INCH DIAMETER WHOLE WHEAT TORTILLAS
- 3/4 CUP HUMMUS
- 8 OZ. ROASTED WHITE TURKEY MEAT, COLD AND THINLY SLICED
- 1 /2 CUCUMBER, PEELED AND THINLY SLICED ON DIAGONAL

INSTRUCTIONS:

1. IN A LARGE BOWL, WHISK TOGETHER VINEGAR, OIL, OREGANO, GARLIC, DIJON AND PEPPER. ADD ROMAINE AND TOSS. SET ASIDE.
2. LAY A TORTILLA ON A FLAT SURFACE AND SPREAD 1 1/2 OZ. HUMMUS, LEAVING A 2 INCH BORDER ON ONE EDGE. TOP WITH 2 OZ. TURKEY, ABOUT 1 OZ. CUCUMBER, AND 1/4 ROMAINE MIXTURE. ROLL THE TORTILLA TO MAKE A TIGHT BUNDLE. SECURE WITH A TOOTHPICK IF NECESSARY.
3. REPEAT WITH REMAINING TORTILLAS.