

**PREP TIME:**

10 minutes

COOK TIME:

no cooking

RAINBOW WRAP

By Chef Andy[Watch Here](#)

Ingredients

- 6 whole wheat tortillas
- 1 lb. chicken breast, cooked and shredded
- 1 Cup hummus
- 2 bell peppers
- 1 cucumber
- 2 Cups of spinach
- 1 tomato
- 1 carrot
- part-skim mozzarella cheese, shredded



Directions

1. Lay your tortilla on a clean flat surface.
2. Use a spoon to spread hummus on the tortilla.
3. Wash and dice all the vegetables into bite sized pieces.
4. Use your vegetables to create a rainbow on your tortilla. Leave some space on the edges.
5. Fold in the sides of your tortilla. Start at one end and roll your tortilla up tight.
6. Enjoy!

Tips:

- Mix up your veggies and choose any variations to create your rainbow!
- Make a sweet snack by swapping hummus with nut butter and using fruits for your colors.

Kitchen Items

- small spatula
- measuring cups and spoons
- kid safe knife
- cutting board or cleaned counter surface

GROCERY LIST

Fruits & Vegetables

- ☐ Bell pepper, yellow
- ☐ Cucumber
- ☐ Spinach
- ☐ Tomato
- ☐ Carrot
- ☐
- ☐

Dairy & Eggs

- ☐ Hummus
- ☐ Part-skim mozzarella cheese, shredded
- ☐
- ☐
- ☐
- ☐

Meats & Seafood

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry Items

- ☐ Whole wheat tortillas
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐