

Turkey & Hummus Rollups

4 ingredients · 5 minutes · 2 servings



Directions

1. Spread the hummus on the turkey slices.
2. Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately three rolls.

More Flavor

Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

No Spinach

Use arugula or lettuce instead.

Ingredients

- 2/3 cup Hummus
- 8 1/2 ozs Sliced Turkey Breast
- 2 cups Baby Spinach
- 2/3 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving

Calories	339	Cholesterol	59mg
Fat	19g	Sodium	1457mg
Carbs	18g	Vitamin A	4074IU
Fiber	6g	Vitamin C	59mg
Sugar	3g	Calcium	88mg
Protein	25g	Iron	4mg