

Bites of the Round Table

Serves 8

- 1 8-ounce container of hummus or light cream cheese
- 1 cucumber, sliced into ¼ inch rounds
- 1 green pepper, sliced into small strips
- 1 large tomato, diced
- 1 pkg of 8-inch tomato, spinach or plain tortillas (8 to 10 tortillas per pkg)
- 12 coffee stirrers or large toothpicks (to act as skewers)

TIPS:

- Try any flavor of hummus, such as lemon or garlic.
- Try different vegetables onions, black olives, or shredded carrots.
- Try different tortilla flavors – tomato, spinach, multi-grain – and mix them up on skewers.

1. Spread 2 tablespoons hummus onto one tortilla.
2. Add 3-4 slices of cucumber, 2 slices of pepper and about ¼ tomato in the center of the tortilla.
3. Roll the tortilla, tucking in the ends.
4. Cut the roll into 1-inch rounds or pinwheels (should get 4 for each tortilla).
5. Place two tortilla rounds onto a skewer or large toothpick.



Nutrition Facts:

Serving size: 2 skewers (2 pieces per skewer for a total of 4 pieces); Calories: 260; Fruits and Vegetables: 1 serving; Fat: 7 g; Fiber: 4 g.

(Nutrition information based on hummus and plain tortillas.)



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