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Chicken Hummus Wrap

Ingredients:

- 3 oz of sliced deli chicken breast (about 6 thin slices)
- 2 tbsp prepared hummus
- 1 medium apple, peeled and chopped
- 1 tsp cumin
- 2 large leaves of romaine lettuce

Directions:

1. Place romaine lettuce leaves in a shallow bowl of ice water for about five minutes to crisp them.
2. In a small bowl, combine hummus and cumin, mixing well. Add the apple and stir to blend well.
3. Lay one lettuce leaf lengthwise on a clean surface, with the widest edge closest to you.
4. Lay three pieces of chicken breast onto the lettuce, then spoon half of the hummus mixture in a mound about two inches in from the edge.
5. Roll up burrito-style and repeat with the remainder. Makes two wraps for one serving.