



# FIBER FRIENDLY RECIPES

CONSUMING ENOUGH FIBER IS IMPORTANT FOR A WELL-BALANCED DIET. THESE DELICIOUS RECIPES ARE EASY TO MAKE, AND CONTAIN PLENTY OF FIBER TO HELP YOU MAINTAIN YOUR HEALTH.





## GRILLED VEGETABLE HUMMUS WRAPS

SERVES 2

### INGREDIENTS

- 1 medium zucchini, sliced
- 1 medium red bell pepper, sliced
- Salt and pepper to taste
- 1 tablespoon extra virgin olive oil
- 1 medium tomato, sliced
- 1/4 cup sliced red onion
- 1 cup kale, tough stems removed
- 2 tortillas
- 1/4 cup feta cheese
- 4 tablespoons hummus

### INSTRUCTIONS

Heat grill to medium heat.

Toss sliced zucchini and bell pepper in olive oil and sprinkle with salt and pepper.

Place sliced zucchini and bell pepper strips directly on grill and cook for 5 minutes, turning about halfway through so each side is cooked. Set aside.

Place the tortillas on grill for about 1 minute, or just until grill marks are visible and tortillas are soft.

Remove tortillas from grill and assemble wraps with: 2 tablespoons of hummus, 2 tablespoons of feta cheese, bell pepper slices, zucchini slices, 1/2 cup kale, 1/4 avocado, onion and tomato slices. Wrap tightly and enjoy.

### NUTRITIONAL INFO (PER ONE WRAP):

Calories	Carbs	Fat	Protein	Sodium	Sugar
330	34g	17g	13g	643mg	2g



## SUN-DRIED TOMATO, BEANS & BASIL SALAD

SERVES 2

### INGREDIENTS

1 (15 oz) can garbanzo beans (chickpeas)  
1 (15 oz) can Great Northern beans or other favorite bean  
1 cup chopped vegetables, such as: cucumber, broccoli, cauliflower, zucchini, romaine lettuce and spinach.  
2 tablespoons chopped parsley  
2 tablespoons chopped basil  
2 tablespoons oil from sun-dried tomatoes or olive oil  
8 sun-dried tomatoes, chopped  
2 tablespoons balsamic vinegar  
1/4 - 1/2 teaspoon sea salt and pepper

### INSTRUCTIONS

Rinse beans and shake off excess water.

Whisk together oil and vinegar until combined

Toss all ingredients together with dressing in a large bowl.

Season with salt and pepper to taste and serve.

### NUTRITIONAL INFO (PER 1/4 THE RECIPE):

Calories	Carbs	Fat	Protein	Sodium	Sugar
313.5	27.5g	13.25g	23.25g	746mg	3.75g