

## Edamamae Hummus Wrap

12 ounces frozen shelled edamame

4 Tbsp lemon juice

3 Tbsp extra-virgin olive oil

2 Tbsp tahini

1 Large clove garlic, chopped

½ tsp ground cumin

¾ tsp ground pepper

½ tsp salt

2 cups very thinly sliced green cabbage

½ cup sliced orange bell pepper

1 scallion, thinly sliced

¼ cup chopped fresh parsley

4- whole grain tortilla's or Romaine lettuce leaves

1. Combine edamame, 3 tsp lemon juice, 2 tsp oil, tahini, garlic, cumin,  $\frac{1}{2}$  tsp pepper and salt in a food processor. Pulse until fairly smooth.
2. Whisk remaining 1 Tbsp each lemon juice and oil with remaining  $\frac{1}{4}$  tsp pepper in a medium bowl. Add cabbage, bell pepper, scallion and parsley; toss to coat. Spread about  $\frac{1}{2}$  c edamame hummus on wrap or leaf and top with  $\frac{1}{2}$  cup of cabbage mixture. Roll closed.

Serves 4