

THIS WEEKS MEAL DELIGHT

Hummasamazing Wrap

Ingredients:

For Chicken marinate:

- 2 big breast of chicken
- 1 tsp. curry (more if you like)
- 1 tsp. lemon pepper
- 2 tbsp. coconut aminos
- 1 tbsp. Worcester sauce
- 1 orange squeezed

Place in zip lock baggy, seal and squish around...soak in refrigerator for at least 2 hours

Pour whole baggie into a skillet with hot olive oil and cook until done. I like to make them into strips as they are cooking.

For Homemade Hummas:

- 1 can chickpeas, peel skin off after rinsing in cold water
- 1 lemon squeezed
- 2 garlic cloves
- 2 tbsp. olive oil
- 1/2 cup tahini
- 1 tsp. ground cumin
- sea salt to taste

Place garlic in food processor and blend until well minced. Add olive oil, lemon juice, and tahini. Blend again. Add chickpeas and salt and blend until smooth.

Wrap contents:

Favorite veggies minced well. We like zucchini, cucumber, tomatoes, spinach leaves, cheese, bacon(for extra flavor) tortillas we like the spinach ones any would be wonderful.



Spread the hummas all the way to the edge...YUMMY!

