

KiK it UP!

Level C - Lesson 6

Tortilla Twist



INGREDIENTS

- 1 whole wheat tortilla
- 2 tablespoons hummus
- 2 slices tomato
- 1 leaf dark green lettuce
- 1 slice low-fat cheese (cheddar or provolone)

Makes 1 serving

DIRECTIONS

1. Wash hands and surfaces.
2. Wash tomato and lettuce.
3. Slice tomato.
4. Place tortilla on plate and spread with hummus.
5. Top with cheese, tomato and lettuce.
6. Roll the tortilla around the filling and enjoy!
7. Refrigerate leftovers immediately.

EQUIPMENT

- Cutting Board
- Knife
- Plate
- Spoon

