

Crispy Lentil Wraps

Prep: 8 minutes • Cook: 7 minutes

A warm, crispy wrap stuffed with garlicky hummus-coated brown lentils, fresh leafy greens, and crunchy cucumber, finished with a bright herby green sauce. Satisfying, high-protein, and ready in minutes.

Ingredients

- 1 cup brown lentils (cooked)
- 1-2 tablespoons garlic hummus
- 1-2 tablespoons green sauce (pesto, chimichurri, etc.)
- 1 cup leafy greens (baby spinach, arugula, or mixed greens)
- 1 small Persian cucumber (ends trimmed and thinly sliced)
- 1 (10-inch) tortilla or lavash wrap
- 1-2 teaspoons olive oil (optional, for pan-frying)

Instructions

1. Drain and rinse the lentils if using canned, then pat them very dry with a clean towel to remove excess moisture.
2. In a small bowl, combine the cooked lentils with the garlic hummus and green sauce; mix gently until evenly coated and cohesive.
3. Place the leafy greens in the center of the tortilla or lavash, then layer the cucumber slices over the greens and press them down slightly.
4. Spoon the lentil mixture on top, shaping it into a long log. Fold the short ends in and roll the wrap tightly.
5. Optional pan-fry: Heat olive oil in a medium nonstick skillet over medium heat. Place the wrap seam-side down, press with a flat lid, and sear for about 5 minutes. Flip and cook 2 to 3 minutes more, until golden and crispy.
6. Slice in half and serve with hot sauce or enjoy as is. The lentil mixture can be prepared up to 3 days in advance and refrigerated.

Tags: Vegan, High Protein, Wrap, Lentils, Quick & Easy, Gluten-Free Option
