

HUMMUS BREAKFAST BURRITOS

A surprising breakfast or brunch item. I use an extra teaspoon of cumin. You may warm this in the microwave, but we eat it at room temperature after warming the tortillas. Shared by Diane & Steve Rothman.



PREP: 15 minutes

COOK: None – except to have a hardboiled egg

SERVINGS: 2 large burritos or 4 small ones – serves 2

INGREDIENTS:

- 1 15-oz. can garbanzo beans, drained
- 1 medium carrot, peeled and ends removed, chopped
- 1 hard-boiled egg, peeled and cut in half
- 1 small onion, peeled and diced
- 2 tsp. ground cumin
- 2 tsp. mayonnaise
- 2 tsp. mustard
- Zest and juice of one lemon
- 1 Tbsp. olive oil or lemon olive oil
- Salsa – if desired

2 large burrito-size flour tortillas, or 4 standard-size flour or corn tortillas-we use lower carb.

DIRECTIONS:

Place the beans, carrot, egg, onion and cumin in a food processor and pulse until your desired consistency. Add the mayonnaise and mustard and mix well. If it seems dry, add a little water. Warm the tortilla in the microwave for 15-30 seconds. Spread the hummus mixture on the tortilla, fold up like a burrito and enjoy. You may serve with salsa if you like.