

Veggie Wrap (5 srv) ~340mg Na per serving


Ingredients	Amount	Procedure
Cucumber	1 cups 1-2 medium cucumbers	<p>Thoroughly wash cucumber, bell pepper, and carrots. Thinly slice carrots and bell pepper, and slice cucumber into rounds. Set vegetables aside.</p> <p>To make the hummus:</p> <p>In the bowl of a food processor or blender, combine the chickpeas, aquafaba, lemon juice, olive oil, garlic, cumin, and salt. Process for 2 minutes until well blended. If too thick add water until you achieve a creamy consistency.</p> <p>Spread 3-4 Tbsp of hummus on 1 tortilla wrap. Place sliced vegetables on hummus and wrap.</p>
Bell Pepper	½ cup 1 medium pepper	
Carrots	½ cup 1-2 medium carrots	
Chickpeas, no salt added	½ of a 540mL can	
Aquafaba (Leftover water from chickpeas)	½ the liquid from one 540mL can.	
Olive oil	1.5 tbsp	
Lemon juice	1-2 tbsp	
Garlic powder	2.5g, ½ tsp	
Cumin	2.5g, ½ tsp	
Tortilla wrap 10"	1 per srv (340mg Na)	
Hummus	3-4Tbsp	



Recipe developed by Michael Boccongelle MHSc (c), Natalie Nguyen MHSc (c), and Teresa Mervar MHSc (c).

Photo by Roman Odintsov.

Quinoa Salad (5 srv) ~130mg Na per serving

Ingredients	Amount	Procedure
Black beans, no salt added	1-2 cans	Drain and rinse black beans. Set aside. Thoroughly wash bell peppers and cucumbers.
Red bell pepper	1 medium	Deseed bell peppers. Dice bell peppers and cucumbers then set aside.
Cucumber	2-3 cucumbers	Stir olive oil, lemon juice, apple cider vinegar, lemon, cumin, and salt in a bowl and set aside.
Olive oil	2.5 tbsp	Combine quinoa, black beans, bell peppers, cucumbers, and dressing. Toss well to evenly distribute dressing.
Apple cider vinegar	1 tbsp	To cook quinoa, in a large pot add quinoa and water (1-1 ³ / ₄ ratio) and bring to a boil. Cover and reduce heat to low for 15 minutes. Fluff quinoa with a fork, cover, and remove from heat for 5 minutes.
Lemon juice	3.5 tbsp	If any liquid remains in the pot, cook covered on low for 5 more minutes or until liquid has absorbed.
Cumin	7.5g, 1.5 tsp	
Salt	¼ tsp	
Quinoa, cooked	3 cups cooked (1½ cups dry - 2½-3 cups water to cook)	

Recipe developed by Michael Boccongelle MHSc (c), Natalie Nguyen MHSc (c), and Teresa Mervar MHSc (c).

Photo by Nick Bratanek.