

# International Cooking

## Mediterranean Diet: A Delicious, Heart-Healthy Plan



Following a Mediterranean diet, which includes fruits and vegetables, olive oil, nuts and legumes—such as the chickpeas found in hummus—can be a heart-healthy way to feed your family.

(NAPS)—In recent years, the Mediterranean diet has traveled around the world—and been all over the news—as more and more people discover this healthy, delicious way to feed their families.

The Mediterranean diet incorporates the basics of healthy eating, including plenty of fruits and vegetables, fish and nuts—plus a splash of olive oil and perhaps a glass of red wine—to characterize the traditional cooking style of countries bordering the Mediterranean Sea.

Legumes, like the fresh chickpeas that Sabra uses in its authentic hummus, are included in this heart-healthy diet. Hummus is delicious as a dip with whole-grain breads but can also be used instead of mayonnaise or salad dressings, as a tasty way to make each day a little healthier.

This Mediterranean Grilled Chicken Wrap with Sabra hummus can be a great lunch or light dinner. To learn more or for additional recipe ideas, visit the Web site at [www.sabra.com](http://www.sabra.com).

### Mediterranean Grilled Chicken Wrap

*Makes 1 serving*

**1 boneless chicken breast half**

**½ cup Italian dressing**

**½ tsp. garlic powder**

**½ tsp. onion powder**

**½ tsp. paprika**

**1 wrap (12" diameter)**

**3 Tbsp. Sabra Hummus with Roasted Pine Nuts**

**1 to 2 romaine lettuce leaves**

**1 to 2 large tomato slices**

**1 pinch of pepper**

**1. Marinate chicken breast in Italian dressing for 2 hours.**

**2. Sprinkle chicken with garlic powder, onion powder and paprika.**

**3. Grill until cooked thoroughly. Cut into thin slices.**

**4. Spread wrap with hummus. Place lettuce and tomato slices on top of hummus. Sprinkle with pepper.**

**5. Add thinly sliced chicken. Roll wrap and enjoy.**