



A SENSE OF SPAIN

RECIPE



Vegan Tapas

SERVINGS: 4

Ingredients

- 1 medium zucchini
- 1/2 c. hummus
- 1/2 c. cooked quinoa
- 1/4 c. fresh parsley
- 8 - 10 leaves of fresh basil
- 1/4 c. finely sliced red pepper
- 1/4 c. finely sliced carrots

Directions

1. Slice the zucchini lengthwise into thin strips.
2. In a small bowl, mix together the hummus and quinoa.
3. Evenly spread 1 tablespoon of the filling onto the zucchini.
4. Arrange the herbs on one end, top with the veggies, and roll the zucchini up.
5. Secure with a toothpick.

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