



## EDAMAME HUMMUS WRAP

Soy is a high-quality protein that does not cause the same discomfort that other beans and hummuses can. This recipe is extremely easy and satisfying. Can be delicious plain or with any added vegetables that you can tolerate (those with diarrhea or indigestion should be sure to use well-cooked vegetables without the skin). **Yield: 4 servings**

### INGREDIENTS:

- 1 cup cooked shelled edamame
- ¼ cup Tahini (sesame paste)
- 1 Tbsp. lemon juice
- Garlic clove, peeled
- 2 Tbsp. coarsely chopped fresh herbs (such as rosemary, thyme, and basil)
- 2 Tbsp. olive oil
- Salt to taste (approximately ¼ tsp.)
- 4 flour wraps
- Optional: Sautéed or roasted vegetables, or fresh, raw vegetables that you can tolerate

### DIRECTIONS:

1. Combine edamame, tahini, lemon juice, garlic, and herbs in food processor.
2. Process ingredients until smooth.
3. Drizzle olive oil through feed tube of food processor, continuing to process until the oil is fully incorporated into the hummus mixture.
4. Season with salt to taste.
5. Spread ¼ cup hummus in each wrap, top with raw or roasted vegetables of choice, roll and serve.

### NUTRITIONAL DATA:

399 calories, 21.9 grams fat, 3.1 grams saturated fat, 0 mg cholesterol, 39.9 grams carbohydrate, 4.1 grams dietary fiber, 12.1 grams protein



*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*