

Grilled Tofu Wrap with Hummus and Gruyère Cheese



Inspired by the famous tortilla wrap popularized on TikTok, this clever folding technique makes every bite perfectly balanced. We created a dietitian-approved version that combines the protein from grilled tofu, the creaminess of hummus and Gruyère cheese, and the freshness of red bell pepper and spinach. It's the ultimate quick lunch: healthy, high in fibre, and flavorful. For more ideas, explore our [Top 10 Healthy Cold Lunches](#).

Preparation 5 min
Cooking 5 min
Servings 1
Nutrition Facts (per serving)
Calories 480
Fat 28
Carbohydrates 32
Fibre 7
Protein 28
Sodium 515

Ingredients

- 1 whole wheat tortilla, 20 cm (8 in) in diameter
- 15 ml (1 tbsp) homemade hummus
- 125 ml (½ cup) grilled tofu in slices or strips
- 60 ml (¼ cup) Gruyère or Swiss cheese, grated

- ½ red bell pepper, grilled*
- 5 ml (1 tsp) vegetable oil

Preparation

1. Place the tortilla on a work surface. Make a cut from the center down to the bottom to create four quarters.
2. Spread the hummus over one quarter.
3. Place the grilled tofu on the top quarter. Add the grated cheese to the left quarter. Arrange the spinach and grilled red bell pepper on the remaining quarter.
4. Fold one quarter at a time, starting with the hummus section over the tofu, then over the cheese, and finishing with the spinach and bell pepper.
5. In a nonstick skillet, heat the oil over medium heat. Place the folded wrap in the skillet. Grill for 2 to 3 minutes per side until golden and the cheese is melted.

Notes

Can be stored for up to 3 days in the refrigerator in an airtight container. Do not freeze.

*Grill the red bell pepper the day before if desired. Use in sauces or in this wrap. If short on time, use raw red bell pepper.



Gabrielle Simard – Créatrice culinaire
Culinary Creator