

Chickpea Salad Wrap

Yield: 8 servings
Serving Size: about 1 cup



Nutrition Facts	
Serving size	1 cup (117g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 194mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This recipe highlights using legumes as the main protein in your meal. The chickpea mixture can be used on a salad or in a wrap.

INGREDIENTS

- 2/3 cup hummus (store-bought or homemade, see recipe)
- 1 lemon, juiced (2–4 TBSP)
- 1 TBSP creole or Dijon mustard
- Pinch of Kosher salt
- Pinch of ground black pepper
- 2 cans chickpeas (15-ounce), rinsed and drained
- 1 cup carrots, peeled and grated (about 2–3 small carrots)
- 1 cup celery (about 2 ribs), small diced
- ½ cup red onion, small diced (about ½ of an onion)

For wraps

- 8 (8-inch) whole grain tortillas
- 2 cups greens, such as spinach, arugula, spring mix or a mixture of shredded green and red cabbage.
- 2–3 tomatoes, sliced or 2 cups julienned red bell peppers

DIRECTIONS

1. Place hummus in a large bowl.
2. Add mustard, lemon juice, salt, and pepper.
3. Add chickpeas. Press with the back of a fork until chickpeas are thoroughly mashed.
4. Add carrots, celery, carrots, and onion.
5. Lay out whole grain tortilla on a clean cutting board and place chickpea salad down the middle.
6. Add greens and vegetables.
7. Roll up tortilla from left to right like a burrito.
8. Repeat with remaining mixture.

Customize it: You can customize this wrap using whatever veggies (raw or roasted) that you have on hand.

