

Chicken-ish Chickpea Salad Wrap



PREP TIME

10 mins

COOK TIME

5 mins

TOTAL TIME

15 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

7 servings

CALORIES

345 kcal

EQUIPMENT

- 1 high-speed blender
- 1 food processor
- 1 large bowl

INGREDIENTS

dressing

- 1 c cashews organic, raw; or substitute white beans or silken tofu for a nut-free version
- 1 Tbsp lemon juice
- 2 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt
- ½ c water
- 3 Tbsp maple syrup

other ingredients

- 1 c TVP rehydrated with veggie broth, drained
- 1 c canned chickpeas drained and rinsed
- ½ c celery diced
- ½ c red onion diced
- 2 Tbsp dill chopped
- 1 tsp poultry seasoning
- 7 Josephs flax, oat, and bran Lavash
- 7-14 romaine leaves
- 14 c mixed greens

- Balsamic vinegar to taste

INSTRUCTIONS

1. To make the dressing, combine all ingredients in a high-speed blender until smooth.
2. Put drained and rinsed chickpeas in a food processor.
3. Pulse until chickpeas are partially mashed. Some should still be whole—you don't want them to be mushy. So don't over-pulse.
4. Remove chickpeas and place them in a large bowl. (Scrape the sides of the food processor bowl.)
5. Add the celery, grapes, onion, dill, poultry seasoning, and $\frac{1}{3}$ cup dressing.
6. Stir.
7. Spoon into 7 tortillas with 1-2 romaine leaves in each. Roll up and wrap in plastic wrap or foil.
8. Refrigerate until ready to eat.
9. Serve with 2 c mixed greens and balsamic vinegar on the side of each serving.

NUTRITION

Nutrition Facts

Chicken-ish Chickpea Salad Wrap

Amount Per Serving

Calories	345	Calories from Fat	95
% Daily Value*			
Fat	10.5g		16%
Carbohydrates	44g		15%
Protein	25g		50%

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?

Let us know how it was!