

## Roasted Buffalo Chickpea Wraps



**Makes 4 servings**

Active time: **15 minutes**

Total time: **40 minutes**

Course: **Lunch**

This vegetarian riff on a Buffalo chicken wrap adds the spicy Buffalo tang you love to crunchy roasted chickpeas all tucked into an easy-to-make wrap with carrot, celery and blue cheese. Make and take a wrap for a healthy packable lunch or serve them up on game day for a protein-packed snack everyone will devour.

### Ingredients

- 1 tablespoon white vinegar
- ½ teaspoon cayenne pepper, or to taste
- ¼ teaspoon salt
- 1 15-ounce can no-salt-added chickpeas
- ¼ cup whole-milk plain Greek yogurt
- 1 tablespoon hot sauce
- ¼ cup crumbled blue cheese
- 2 cups chopped red leaf or romaine lettuce
- ½ cup shredded carrot
- ½ cup thinly sliced celery
- 4 8-inch spinach or whole-wheat wraps

### Preparation

1. Position rack in upper third of oven; preheat to 400°F.
2. Combine vinegar, cayenne and salt in a large bowl. Very thoroughly pat chickpeas dry, then toss with the vinegar mixture. Spread on a rimmed baking sheet. Roast the chickpeas, stirring twice, until browned and crunchy, 30 to 35 minutes.
3. Meanwhile, combine yogurt and hot sauce in a small bowl. Stir in blue cheese.
4. Divide lettuce, carrot and celery among wraps. Top each with 1/4 cup of the chickpeas and 2 tablespoons sauce. Roll up. Cut in half to serve, if desired.

### Tips & Notes

The chickpeas will stay crisp for 2 to 4 hours at room temperature; if stored longer, re crisp at 400°F for 5 to 10 minutes.

### Nutrition

Per serving: 346 calories; 55 g carbohydrates; 7 g fat (3 g sat, g mono); 16 g protein; 8 mg cholesterol; 8 g dietary fiber; 368 mg potassium; 790 mg sodium. Nutrition bonus: Vitamin A (93% daily value)

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