

Chickpea Salad Wraps



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Ingredients

Chickpea-Salad Ingredients

- 2 - 15-ounce cans chickpeas
- 1 large avocado
- ¼ cup red onion, finely diced
- ¼ cup celery, finely diced
- ¼ cup mustard
- ¼ cup light Miracle Whip
- 1 teaspoon dried dill weed
- 1 teaspoon paprika
- Black ground pepper to taste

Sandwich Ingredients

- Large tortilla, wrap or wholegrain bread
- Spring greens, romaine lettuce or baby spinach

Directions

1. Wash hands with soap and warm water.
2. Wash produce and prepare avocado, celery, onion, and greens.
3. Drain and rinse canned chickpeas under running water for 40-60 seconds to remove excess salt.
4. Combine chickpeas in a medium bowl and mash with a fork. Add avocado and mash until the mixture is well combined.
5. Add red onion, celery, mustard, miracle whip, dill weed, paprika and black pepper to the mixture. Stir to combine.
6. Taste and adjust seasonings as needed. Place in the fridge in an airtight container for at least 30 minutes.
7. **To assemble wrap:** Spread an even layer of filling to the outer edges of each wrap. Top half of the filling with greens.
8. Starting at the end with greens, tightly roll the wrap up until you reach the other end. Using a sharp knife and cut each wrap into 8 pieces.



Image source: thissavoryvegan.com, 2021

Recipe from: Diane Reinhold, Nutrition & Wellness Educator, 2021

Fun Facts and Tips for the Kitchen:

- If you do not have chickpeas on hand, substitute white beans. White beans have a similar texture and gives this recipe a great flavor.
- You can also change up the flavors depending on your tastebuds and who you are serving, but changing the herbs and spices you use.
- Want a more creamy texture? Simply add additional Miracle Whip. Or if you are looking for more of a tart zing, add more mustard.

*From the Desk of: Diane Reinhold, MPH, MS, RDN
University of Illinois Extension - Nutrition & Wellness Educator,
Serving Jo Daviess, Stephenson & Winnebago Counties
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