

# Smashed Chickpea Salad Wrap

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup Chickpeas  
1 tbsp Dijon Mustard  
1 tbsp Lemon Juice  
1/16 tsp Sea Salt  
1 tbsp Red Onion (finely chopped)  
2 tbsps Parsley (finely chopped)  
1 Whole Wheat Tortilla (large)  
2 leaves Romaine (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	363	Carbs	57g
Fat	7g	Protein	16g

## DIRECTIONS

- 01 Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
- 02 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!