

Chickpea Salad Wrap

Instructions

1. Drain and rinse the can (or cans) of chickpeas. Add the chickpeas to a bowl and mix with olive oil, salt, and pepper. Place on a baking sheet and roast at 375 degrees for 20-30 minutes until crisp.
2. Chop the romaine lettuce and red onion and place in a small bowl. Add enough dressing to coat the lettuce, squeeze the juice of ½ of a lemon over the top, and set aside. Slice the avocado and set aside.
3. Place a wrap flat on a plate. Spread a small amount of Caesar salad dressing on the wrap and add as many chickpeas as desired. Add the romaine lettuce and red onion mix to the wrap. Top with avocado slices, lemon juice, and grated Parmesan cheese. Roll up the wrap and enjoy!

NOTE: This recipe can make multiple wraps depending on your needs.

Ingredients

- 1-2 cans of chickpeas
- 2 tablespoons of olive oil
- Salt and pepper, to taste
- 1 head of romaine lettuce
- 1 red onion
- 2-3 tablespoons of Caesar salad dressing
- 1 lemon
- 1 avocado
- 1 package of whole wheat pita wraps
- ½ cup of Parmesan cheese

Grocery List

Produce

- Romaine lettuce
- Red onion
- Lemon
- Avocado

Canned Goods

- Chickpeas

Pantry

- Olive oil
- Salt
- Pepper

Other

- Caesar salad dressing
- Whole wheat pita wraps
- Parmesan cheese