

Toasted Chickpea Wraps

Serving Size: 1 wrap | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 can chickpeas drained and rinsed
- 1 small onion
- ½ tsp of each seasoning (salt, pepper, cumin, paprika)
- 1 tbs lemon juice
- ¾ cup chopped Romain lettuce & canned diced tomato drained
- Whole Grain tortilla

DIRECTIONS

- Drain chickpeas and roughly chop them
- Heat a small amount of oil in a pan, transfer chickpeas, chopped onion and spices to pan.
- Fry in a pan for about 10 minutes until golden and crispy
- In tortilla add tomato, lettuce and chickpea mixture, add a squeeze of lemon roll them up and enjoy! (you can add 1 tbs hummus for a creamier texture)

Calories per serving: 205 kcal | 10 g total fat | 23 g total carbohydrates | 110 mg sodium | 5 g protein