

# Smashed Chickpea Salad Wrap

8 ingredients · 10 minutes · 1 serving



## Directions

---

1. 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.
2. 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!

## Notes

---

### Leftovers

Store components separately in the fridge until ready to assemble and serve.

### Gluten-Free

Use a gluten-free or brown rice tortilla.

### Serving Size

One serving is equal to one wrap.

## 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)