

VEGAN

Pecan Apple Chickpea Salad Wraps

3 SERVINGS

PREP: 15 MINS

COOK: 15 MINS



INGREDIENTS

For the Salad:

- 1 (15 oz) can chickpeas, rinsed and drained
- 1 cup small diced apple (1 small to medium apple)
- 1/3 cup coarsely chopped raw or toasted pecans
- 1/3 cup dried tart cherries (sub for dried cranberries)
- 1 stalk of celery, diced
- 2 tbsp. chopped parsley (sub cilantro)
- 1/4 cup chopped green onions

For the Dressing:

- 3 tbsp. tahini
- 2 tsp. maple syrup (sub honey)
- 1 tsp. dijon mustard
- 1 tsp. apple cider vinegar
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- 2 tsp. black pepper
- 2-3 tbsp. warm water, to thin dressing

For the Wrap:

- 3 large spinach tortillas (or tortillas of choice)
- 3-4 cups of spinach
- 3/4 cup shredded carrots

DIRECTIONS

1. Add rinsed and drained chickpeas to a large bowl and use a fork to mash most of the chickpeas. Add in diced apples, chopped pecans, tart cherries, celery, parsley, and green onions.
2. In a separate bowl, make the dressing: add tahini, maple syrup, dijon, apple cider vinegar, garlic powder, salt, pepper, and warm water. Mix to combine until a creamy dressing forms. Add more water if necessary.
3. Add dressing to the chickpea salad. Stir to combine and coat all the ingredients with dressing. Taste and adjust as necessary.
4. Lay out spinach wraps and add about 1 cup of spinach, top with 1/4 cup shredded carrots. Top with 1/3 of the chickpea salad mixture. Tightly roll up the wrap, tucking in the ends as you go. You can also eat the salad as is or put in lettuce wraps or swiss chard. Salad will stay good for 5 days in the fridge.

NUTRITION

Serving: 1 wrap | Calories: 558kcal | Carbohydrates: 76.3g | Protein: 16.2g | Fat: 23.5g | Saturated Fat: 3.5g | Fiber: 13.3g | Sugar: 18.2g

