SWEET AND SPICY CURRIED CHICKPEA WRAPS

Time: 20 minutes / Servings: 4

INGREDIENTS

Chickpea filling:

1 Tbsp olive oil

1 medium onion, chopped

¾ tbsp. curry powder

1 tsp black pepper

2 (15oz) cans chickpeas, drained and rinsed

3 cloves garlic, chopped

½ cup raisins

½ cup lemon juice

½ cup cashews

Cucumber salad:

1 large cucumber, diced

2 gala apples, chopped

2 tbsp peanut butter

½ cup lemon juice

4 large whole wheat tortillas

DIRECTIONS

1. Drain and rinse chickpeas. Chop cucumber, garlic, apple, and onion.
2. Add olive oil to a pan over medium--high heat
3. When oil is hot, add onion and spices. Sauté for 2--3 minutes
4. Add chickpeas, garlic, raisins, and lemon juice to the skillet and sauté for 2--3 minutes. Turn down heat once most of the liquid
1. is absorbed.
5. Add cashews and sauté for another 2--3 minutes until everything starts to brown. Set aside.
6. In a bowl, combine cucumber, peanut butter, lemon juice, and apples. Toss to coat.
7. Fill wrap with large scoop of chickpeas and top with cucumber/apple mixture.

NUTRITION FACTS (per serving):
Calories: 436, Total Fat: 14g, Saturated Fat: 3g, Cholesterol: 0mg, Sodium: 553mg, Carbohydrates: 76g, Fiber: 16g, Protein: 14g, Vitamin A: 2%, Vitamin C: 35%, Calcium: 9%, Iron: 32%

Recipe adapted from: http://kblog.lunchboxbunch.com/2014/06/sweet--spicy--easy--amazing--curry--chickpea.htm