

Buffalo chickpea wrap

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For buffalo sauce

- 1/4 cup (generic) Buffalo sauce
- 4 tsp ketchup
- 4 tsp canola oil
- 2 tsp cornstarch
- 2 tsp water

For dressing

- 1/2 cups cannellini beans, drained and rinsed
- 2/3 tsp distilled white vinegar
- 1 tbsp lemon juice
- 1/8 tsp onion powder
- 1/8 tsp dried dill weed

For celery cabbage slaw

- 1 1/3 cup cabbage/coleslaw mix
- 2/3 cup sliced celery

For chickpea crumbles

- 2 1/3 cups canned, low-sodium garbanzo beans
- 3/4 cup Panko breadcrumbs
- 3 tbsp all-purpose flour
- 1 1/3 onion powder
- 1/8 tsp garlic powder
- 2/3 tsp ground black pepper

For service

- 12-inch tortillas
- raw baby spinach

Instructions

For buffalo sauce

1. In a pot over medium heat, combine ingredients in step 1 and bring to a boil, then lower heat to a simmer.
2. In a mixing bowl, whisk cornstarch and water together to create a smooth paste. Slowly pour cornstarch into sauce and whisk for 1-2 minutes or until mixture can coat back of spoon. Strain and follow proper cooling procedures, then wrap and place into cooler until making chickpea crumbles.

For dressing

1. Using a food processor, blend beans, lemon juice, vinegar and seasonings until smooth. If scaling recipe, may need to do this step in batches. Wrap and store in cooler for service.

For celery cabbage slaw

Combine coleslaw and celery in a large mixing bowl. Add Dressing and mix well. Wrap and store in cooler until service.

For crumbles

1. Use a food processor to break up beans into smaller pieces, but do not process into a paste. Work in batches as needed. Place beans into a large mixing bowl. Add half of buffalo sauce, breadcrumbs, flour and spices. Mix well, making sure breadcrumbs are fully moist and no dry spots are in mixture.
2. Preheat oven to 350 degrees F. Place chickpea mixture in a single layer onto parchment-lined sheet pans and bake for 15 minutes. Rotate pan and use a spatula to move mixture around and bake for another 15 minutes or until crumbles are dark golden brown.
3. Remove from oven and toss with remaining buffalo sauce. Follow proper cooling procedures, then wrap and place into cooler until service.

Note: If serving mixture hot, bring second half of buffalo sauce to proper temperature before adding to mixture.

Hold hot for service.

For service

1. Using a flat-top grill or other method, heat tortilla to become pliable. Add 2.5 ounces of celery cabbage slaw in middle of tortilla. Add 4 ounces of chickpea crumbles, then top with 1 ounce spinach. Fold corners in and wrap tightly. Cut in half and serve.

Notes

2oz meat alternative (4 oz chickpea crumbles), 2oz grain equivalent (1 x 12-inch whole wheat tortilla), ¼ cup vegetable other (cabbage, celery), ¾ cup dark green vegetable (baby spinach), 2 tablespoon red/orange

Nutrition

The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.

Serving: 11.51oz | Calories: 528kcal | Carbohydrates: 80g | Protein: 19g | Fat: 15g | Saturated Fat: 5g | Sodium: 1071mg | Fiber: 18g | Sugar: 9g