

Caribbean chickpea wrap

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

- 2 cups canned, low-sodium garbanzo beans, drained and rinsed
- 1/2 cup hummus
- 1/2 cup carrots, peeled, shredded
- 1/4 cup yellow onions, chopped
- 3 tbsp raisins
- 4 ½ tsp lime juice
- 2 tsp jerk seasoning mix
- 1 tsp white granulated sugar
- 1/2 tsp kosher salt

For service

- 2 cups red cabbage, shredded
- 1 cup frozen chunks mango, defrosted and drained
- 4 each 12" whole grain flour tortillas

Instructions

To a large mixing bowl, add garbanzo beans, hummus, carrots, onions, raisins, lime juice, seasoning mix, sugar and salt. Lightly mash to bring the mixture together, leaving some chickpeas whole to create texture in filling.

For service

On a 12" tortilla, portion 1/2 cup cabbage, 3/4 cup garbanzo bean mixture, and 1/4 cup defrosted and drained mango. Wrap tightly and serve.

Notes

Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, ½ cup other vegetable, and ¼ cup fruit.

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

Nutrition

Serving: 10.84oz | Calories: 412kcal | Carbohydrates: 63g | Protein: 15g | Fat: 12g | Saturated Fat: 4g | Sodium: 882mg | Fiber: 15g | Sugar: 13g