

Chickpea Salad Romaine Wraps



Prep:

5 minutes

Total:

5 minutes

Makes:

4 servings, approximately ½ cup each

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

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Recipe from PCRM.org

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Recipe Description:

This recipe is quick, delicious and refreshing! I always make a double-batch because of its versatility and popularity with my family.

1 ½ cups
cooked garbanzo beans (chickpeas)
(246
g)
2 stalks
celery, sliced, use Cone #4
1 carrot, shredded, use Cone #1
3 green onions, chopped
3 tablespoon
vegan, non-dairy mayonnaise
(15
g)
1 tablespoon
yellow mustard
(15
g)
½ teaspoon
salt
(3
g)
¼ teaspoon
black pepper
(.5

- g)
- 1 tomato, sliced
 - 4 large romaine lettuce leaves

Directions:

1. Mash beans in the double-walled salad bowl with a fork.
2. Add the celery, carrots, onions, mayonnaise, mustard, salt and pepper. Stir until well mixed.
3. Place a slice of tomato on a lettuce leaf and then scoop $\frac{1}{4}$ of the filling onto the tomato. Repeat for the remaining 3 leaves. Enjoy!

Tips:

- This filling is also delicious on sandwich bread.

Nutritional Information per

▼ Serving

Calories: 163
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 525mg
Total 26g
Carbs:
Dietary Fiber: 7g
Sugar: 4g
Protein: 8g