

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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Contributed By:

Katherine Lawrence

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)

¹/₂

teaspoon

salt

(3

g)

¹/₄

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 Carbs:

26g

Dietary Fiber:

7g

Sugar:

4g

Protein:

8g