

Taco Chickpea Wraps

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 3/4 cups Chickpeas (cooked, rinsed and pat dry)
2 Red Bell Pepper (medium, chopped)
1 1/2 tsps Taco Seasoning
1 1/2 tbsps Tamari
5 cups Baby Spinach
4 Whole Wheat Tortilla (large)
1/3 cup Organic Full Fat Greek Yogurt
(can sub unsweetened coconut yogurt)

DIRECTIONS

- 01 Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
- 02 Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
- 03 Divide the chickpea mixture into tortillas and dollop of yogurt. Enjoy!

NOTES

LEFTOVERS

Store leftover mixture in an airtight container in the fridge for up to three days.

SERVING SIZE

One serving is one large wrap.

GLUTEN-FREE

Use a Gluten-Free wrap.

NO COCONUT YOGURT

Omit, or use sour cream or regular yogurt.

Asian Tuna Wrap

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1/4 cup Avocado Oil Mayonnaise
- 1 tbsp Rice Vinegar
- 1/2 head Romaine Hearts (chopped)
- 1/4 cup Green Onion (finely chopped)
- 1 tbsp Ginger (fresh and chopped)
- 2 cans Tuna (drained)
- 1 tbsp Sesame Seeds
- 1 tbsp Furikake Seasoning (Japanese seasoning)
- 1 Pinch Sea Salt & Black Pepper (large pinch of each)
- 2 Whole Wheat Tortilla (large)

DIRECTIONS

- 01 Whisk together the mayonnaise, ginger, and rice vinegar in a bowl. Add the tuna and combine. Toss in the romaine lettuce, furikake, green onion, salt and pepper and sesame seeds until well combined.
- 02 Spread the tuna salad down the center of the tortilla. Roll or fold the tortilla together and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

CANNED TUNA

One can of tuna is equal to 165 grams (5.8 ounces).

ADDITIONAL TOPPINGS

Cucumber and crushed nori sheets.

MAKE IT VEGAN

Use vegan mayonnaise and replace the tuna with chickpeas.

GLUTEN-FREE

Use brown rice tortilla instead of whole wheat tortilla, or omit completely.

Avocado Pesto Mozzarella Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla
2 tbs Pesto (I used Trader Joes Vegan Kale Pesto)
1/2 Avocado
2 wholes Roasted Red Peppers
4 slices Part Skim Mozzarella Cheese
(slice 4 thin rounds)
1/4 cup Basil Leaves

DIRECTIONS

- 01 Spread pesto on each tortilla. Layer cheese, avocado, basil, and red pepper. Roll up and slice in half.

Cranberry Chicken Salad Lettuce Wrap

2 SERVINGS 15 MINUTES



INGREDIENTS

4 ozs Chicken Breast (about 1 cup cooked chicken breast shredded)
1/3 cup Plain Greek Yogurt
1/4 cup Dried Unsweetened Cranberries
1 Apple (1 medium apple chopped)
1 tsp Whole Grain Mustard
4 leaves Butter Lettuce (4-6 leaves)
1 Pinch Sea Salt & Black Pepper (1 pinch each to taste)
1 tsp Lemon Juice
1/4 cup Toasted Pecans (chopped)

DIRECTIONS

- 01 Combine shredded chicken breast, mustard, lemon juice and yogurt in a medium bowl and mix well until combined.
- 02 Fold in apples, pecans and cranberries. Add salt and pepper to taste.
- 03 Spoon about 2 heaping tablespoons into the center of each lettuce leaf. Fold one edge in and roll tightly. Repeat with remaining lettuce leaves.

Greek Salad Wraps

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (medium, thinly sliced)
1/4 Cucumber (cut into matchsticks)
1/4 cup Pitted Kalamata Olives (chopped)
2 tbsps Red Onion (thinly sliced)
1 tbsp Red Wine Vinegar
2 Whole Wheat Tortilla
1 cup Baby Spinach

DIRECTIONS

- 01 Add the bell pepper, cucumber, olives, and onion to a bowl and toss with the red wine vinegar.
- 02 Divide the baby spinach between the tortillas and top with the seasoned vegetables. Fold or roll the tortilla around the filling and enjoy!

NOTES

LEFTOVERS

Assemble wrap just before serving.

SERVING SIZE

One serving is equal to one wrap.

GLUTEN-FREE

Use a gluten-free or brown rice tortilla instead.

ADDITIONAL TOPPINGS

Hummus, feta cheese, fresh or dried herbs, avocado, chickpeas, and/or cooked chicken.

NO SPINACH

Use mixed greens or romaine leaves instead.