SWEET AND SPICY CURRIED CHICKPEA WRAPS

Time: 20 minutes / Servings: 4

INGREDIENTS

Chickpea filling:
1 Tbsp olive oil
1 medium onion, chopped
¾ tbsp. curry powder
1 tsp black pepper
2 (15oz) cans chickpeas, drained and rinsed
3 cloves garlic, chopped
½ cup raisins
½ cup lemon juice
½ cup cashews

Cucumber salad:
1 large cucumber, diced
2 gala apples, chopped
2 tbsp peanut butter
½ cup lemon juice
4 large whole wheat tortillas

DIRECTIONS

1. Drain and rinse chickpeas. Chop cucumber, garlic, apple, and onion.
2. Add olive oil to a pan over medium–high heat
3. When oil is hot, add onion and spices. Sauté for 2–3 minutes
4. Add chickpeas, garlic, raisins, and lemon juice to the skillet and sauté for 2–3 minutes. Turn down heat once most of the liquid is absorbed.
5. Add cashews and sauté for another 2–3 minutes until everything starts to brown. Set aside.
6. In a bowl, combine cucumber, peanut butter, lemon juice, and apples. Toss to coat.
7. Fill wrap with large scoop of chickpeas and top with cucumber/apple mixture.

NUTRITION FACTS (per serving):
Calories: 436, Total Fat: 14g, Saturated Fat: 3g, Cholesterol: 0mg, Sodium: 553mg, Carbohydrates: 76g, Fiber: 16g, Protein: 14g, Vitamin A: 2%, Vitamin C: 35%, Calcium: 9%, Iron: 32%

Recipe adapted from: http://kblog.lunchboxbunch.com/2014/06/sweet-spicy-amazing-curry-chickpea.htm