BBQ CHICKPEA WRAP

SERVINGS: 1 PREP TIME: 5-8 MIN COOK TIME: 1-2 MIN TOTAL TIME: 6-10 MIN

INGREDIENTS

- 1/2 cup canned chickpeas, drained & rinsed
- 2 Tbsp BBQ sauce
- 1 whole wheat tortilla
- 1 cup spinach or chopped lettuce, rinsed under running water
- 2 Tbsp shredded cheese (optional)

Choose 1 or more additional toppings:

- Diced tomatoes
- Sliced red onion
- Cucumber, cut into thin strips

DIRECTIONS

1. In a medium-sized microwave-safe bowl, stir together chickpeas and BBQ sauce. Microwave for 60 seconds, or until warm.
2. Add half of the spinach (or lettuce) to the center of a tortilla. Spoon half of the BBQ chickpea mixture on top. Add additional toppings alongside the chickpeas. Sprinkle with cheese, if desired.
3. Wrap, cut in half, and enjoy! Store leftover BBQ chickpeas in the fridge

Recipe notes: Need ideas for the leftover chickpeas? You can double this recipe, or toss the extra chickpeas into a soup, stew or curry.

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