

Pecan, Apple, Chickpea Salad Wraps

This crisp, moist salad served in wraps makes a great lunch for four or dinner for two. The perfect combo of apples and cranberries would be complemented by pouring a fresh chardonnay or a sparkling non-alcoholic apple cider.



Ingredient list for 4 wraps

Salad

- 1 (15 ounce) can chickpeas – rinsed and drained
- 1 medium honey crisp apple – diced
- 1/3 cup raw pecans – coarsely chopped
- 1/3 cup dried raisins
- 1 stalk of celery – diced
- 2 plum tomatoes – seeded and cut into chunks
- 2 tablespoons parsley – chopped
- 1/4 cup green onions – chopped

Dressing

- 3 tablespoons tahini
- 2 teaspoons pure maple syrup or honey
- 1 teaspoon Dijon mustard
- 1 teaspoon apple cider vinegar
- 2 garlic cloves – minced
- 1/4 teaspoon salt, plus more to taste
- Freshly ground black pepper
- 2-3 tablespoons warm water – as needed to thin dressing

Wraps

- 5 ounces mixed greens: arugula, baby spinach, mesclun
- 4 large sun dried tomato wraps (or tortillas of choice)
- 2 carrots – shredded



- Add rinsed and drained chickpeas to a large bowl; use a masher or fork to mash most of the chickpeas. Add in diced apple, chopped pecans, raisins, celery, tomatoes, parsley and green onions. Set aside.
- In a separate bowl, make the dressing. Add tahini, maple syrup/honey, mustard, vinegar, garlic, salt and pepper. Mix to combine. Add water by the tablespoon until a creamy dressing forms.
- Add dressing to the chickpea salad. Stir to combine and coat all the ingredients with dressing. Taste and adjust as necessary. You may want to add more salt and/or pepper.
- Lay out wraps and top each one with 1/4 of the chickpea salad mixture, salad greens, carrots and dressing. Tightly roll up the wrap, tucking in the ends as you go. Secure with a toothpick and cut in half if desired.

Note: You can also eat the salad as is or wrap it in lettuce leaves or Swiss chard. Salad will stay good for 5 days in the fridge