



CHICKPEA SALAD WRAP

THE **Farmers Market**
AT MARYLAND



[Serves 4]

INGREDIENTS

- » 1 can chickpeas, rinsed and drained
- » 1/4 cup mayonnaise
- » 1 tbsp whole grain mustard
- » 1 1/2 tbsp red wine vinegar
- » 1/4 cup celery, rough chopped
- » 2 tbsp green onion, thinly sliced
- » 2 tsp celery seeds
- » 1/4 tsp kosher salt
- » 1/8 tsp black pepper
- » 1/8 tsp cayenne pepper
- » 2 flour tortillas, 10"
- » 6 oz spring mix
- » 1 tomato, thinly sliced

PREPARATION

1. Place chickpeas in food processor and pulse two or three times to roughly chop.
2. Remove and place in another container. Add remaining ingredients and fold in using a rubber spatula. Cover container and set aside in refrigerator for at least 30 minutes.
3. Lay flour tortilla wrap on cutting board. Place half of your chickpea salad mixture (approximately 1 cup) in center of wrap, and 2" from edges.
4. Top with half of spring mix and three thin slices of tomato.
5. From edge of tortilla closest to you, fold over covering ingredients and pull back to tightly encase ingredients. Continue to roll the wrap forward until roll is completed. Tuck in each end to seal.
6. Cut wrap in half on a bias and serve.





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*Get fresh ingredients
right here at the Market!!*

Ingredient Shopping List:

- Mix greens, green onions *Valencia Produce*
- Flat bread instead of tortilla wraps *Sexy Vegie*
- Fresh bread for sandwiches instead of wraps *Girardots*
- Lettuce instead of spring mix *McCleafs*

Extras for Ambiance:

- Wine *Cove Point*
- Aroma Candles *Randalia Bees Hives*