Chickpea Salad Rolls

In this recipe, salad becomes finger food, as leaves of romaine lettuce are used to wrap a tasty chickpea filling.

About the Recipe

163 Calories · 8 g Protein · 6.5 g Fiber
Lunch · Dinner

These salad rolls are high in healthy fiber!

Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

Ingredients

Makes 4 Servings

- 1 1/2 c (228 g) cooked or canned chickpeas, rinsed or drained
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 3 green onions, chopped
- 2-3 tbsp (30 mL) fat-free vegan mayonnaise
- 1 tbsp (15 mL) stone-ground mustard
- 1/2 tsp (2.5 mL) salt
- 1/4 tsp (1.2 mL) ground black pepper
- 4 large romaine lettuce leaves
- 1 medium tomato, sliced, or 6 to 8 cherry tomatoes, cut in half

Directions

1. Coarsely mash the beans with a fork or potato masher, leaving some chunks.

2. Add the carrot, celery, green onions, mayonnaise, mustard, salt, and pepper. Mix well.
3. Place about one-quarter of the mixture on each lettuce leaf.
4. Add one-quarter of the tomato, roll the lettuce around the filling, and serve.
5. Stored in a covered container in the refrigerator, leftover Chickpea Salad Romaine Wrap filling (without the lettuce and tomato) will keep for up to 3 days.

Nutrition Facts

Per serving

Calories: 163
Fat: 4 g
    Saturated Fat: 0.5 g
    Calories from Fat: 22%
Cholesterol: 0 mg
Protein: 8 g
Carbohydrates: 25.6 g
Sugar: 3.5 g
Fiber: 6.5 g
Sodium: 525 mg
Calcium: 72 mg
Iron: 2.9 mg
Vitamin C: 15.2 mg
Beta-Carotene: 2,555 mcg
Vitamin E: 1.2 mg