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!

Ingredients

Makes 4 Servings

- cooked or canned chickpeas, rinsed or drained (1 1/2 cups)
- finely chopped or grated carrot (1/2 cup)
- finely chopped celery (1/2 cup)
- green onions, chopped (3)
- fat-free or low-fat vegan mayonnaise (2-3 tablespoons)
- stone-ground mustard (1 tablespoon)
- salt (1/2 teaspoon)
- ground black pepper (1/4 teaspoon)
- large romaine lettuce leaves (4)
- medium tomato, sliced, or 6 to 8 cherry tomatoes, cut in half (1)

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