



## CHICKPEA CRANBERRY LETTUCE WRAPS

June 19

World Tapas Day



### INGREDIENTS

- (2) 15 Ounce Cans Garbanzo Beans (drained)
- 1½ Cups Unsweetened Dried Cranberries
- ¼ Cup Feta (crumbled)
- ¼ Cup Almonds (sliced)
- ½ Cup Pickled Red Onions (diced)
- 1 Tablespoon Olive Oil
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper
- ½ Lemon (juiced)
- 1 Pound (12 Leaves) Romaine
- Dijon Mustard (optional)

### DIRECTIONS

1. In a large bowl, add the garbanzo beans, cranberries, feta, almonds, pickled red onions, oil, salt, pepper, lemon juice and stir until everything is fully mixed.
2. Use a potato masher and smash everything for 7-10 seconds. You don't want to pulverize it, only a little, so only about half of the mixture is smashed.
3. Use fresh, crispy romaine lettuce leaves, and add a ¼ cup of the chickpea mixture into the center. Optional to add dijon to the top. Best served chilled.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

-  Snack

### YIELD

12 Wraps

### PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Wraps	2 Wraps	4 Wraps	4 Wraps