



Almond Pesto and Marinated Chickpea Protein Wrap

Prep time: Cook Time: Servings: 12

Appetizers/Sides/Snacks,Breakfast/Brunch,Entrees,Better For You,Smart Hearty Grains,Casual Dining,Catering,FSR/QSR,Plant-Based Preferences,Breakfast All Day,Grab & Go

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
10" Smart Hearty Grains™ Tortilla	47088	warm	12 each
Almond Pesto			2 1/4 cup
Heirloom Tri-Colored Grape Tomato		sliced	18 oz.
Red Onion		thin sliced	9 oz.
Mozzarella		pearls	12 oz.
Citrus Marinated Chickpeas			6 cup
Baby Spinach		greens, washed	9 oz.

Instructions

1. To build wrap, spread one tortilla with 3 tbsp. of the almond pesto, and top with 1 ½ oz. grape tomatoes, ¼ cup red onion slices, ¾ oz. baby spinach greens, 1 oz. mozzarella pearls, and ½ cup of the Citrus Marinated Chickpeas.
2. Fold into a wrap and serve.



Almond Pesto

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Basil		pesto, prepared	3 cup
Almond		silvers, toasted	1/2 cup
Extra Virgin Olive Oil			As needed

Instructions

1. Combine ingredients into the bowl of a food processor and pulse until uniform. *If pesto is too thick slowly drizzle in olive oil while processing until desired consistency is reached.
2. Store refrigerated until use.



Citrus Marinated Chickpeas

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Chickpeas		rinsed, drained	6 cup
Chives		chopped	6 Tbsp.
Fresh Thyme		chopped	1 Tbsp.
Fresh Tarragon		chopped	3 Tbsp.
+ 2 Tbsp Olive Oil			1/4 cup
Rice Wine Vinegar			3 Tbsp.
Oranges Orange Zest			6
Lemons Lemon Zest			3
Kosher Salt			1 Tbsp.
Granulated Sugar			1 Tbsp.

Instructions

- 1. Combine all ingredients and let marinate under refrigeration overnight.
- 2. Reserve refrigerated until use.

