



Mediterranean Chickpea Wrap

Prep time: 15 Cook Time: Servings: 1

Mediterranean, Better For You, Entrees, Flour Tortillas, Casual Dining, FSR/QSR, Catering, Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
12" Whole Wheat Tortilla	10254	steamed	1 Each
Feta Lemon Spread		See Related Recipe	3 Oz.
Kalamata Olive Tapenade			1.5 Oz.
Baby kale leaves			.8 Oz.
Seasoned Chickpeas		See Related Recipe	4 Oz.
Parsley, red onion, and lemon mixture		See Related Recipe	1 Oz.

Instructions

1. Place your wrap on a work surface
2. Spread with the feta spread followed by the olive tapenade
3. Place the baby kale leaves and follow with the chickpea mixture
4. Finally, top with the parsley, red onion and lemon seasoning
5. Bring sides towards center and roll to close
6. Cut in half to serve



Feta Lemon Spread

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Feta Cheese			8 Oz.
Mascarpone			8 Oz.
Lemon Juice			1 Oz.
Extra Virgin Olive Oil			1 Oz.
Honey			.5 Oz.

Instructions

1. Food processor until smooth



Seasoned Chickpeas

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Chickpeas		canned, drained, and crushed	1 Lbs.
Golden Raisins		chopped	2.5 Oz.
Extra Virgin Olive Oil			1 Oz.
Za'atar seasoning			.5 Oz.

Instructions

- 1. Mix together





Parsley, red onion, and lemon mixture

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Red Onions		small, chopped	2.5 Oz.
Parsley		chopped	1.5 Oz.
Lemon Juice			1.5 Oz.
Extra Virgin Olive Oil			.5 Oz.
Chili Flakes			.1 Oz.
Kosher Salt			.1 Oz.

Instructions

- 1. Mix together

