



CHICKPEA CAESAR SALAD WRAPS

July 4

National Caesar Salad Day




INGREDIENTS

- (2) 15 Ounce Cans Chickpeas (drained; rinsed)
- 1 Teaspoon Garlic Salt
- 1 Teaspoon Onion Powder
- 1 Teaspoon Smoked Paprika
- 1 Teaspoon Black Pepper
- 2 Teaspoons Dried Parsley
- 2 Tablespoons Oil
- 8 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)
- 10 Cups Chopped Romaine Lettuce
- 3 Cups Sliced Avocado
- 3 Cups Sliced Tomatoes
- 1½ Cups Caesar Dressing

DIRECTIONS

1. In a bowl, toss chickpeas with garlic salt, onion powder, paprika, pepper, and parsley. Heat oil in a skillet over medium heat. Add chickpeas and cook for about 5 minutes, stirring often, until they are lightly crispy. Remove from heat.
2. In a large bowl, toss the chopped romaine with the Caesar dressing. Divide the dressed romaine evenly between the wraps. Top with chickpeas, sliced avocado, and tomato. Roll each wrap tightly.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

8 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Wrap	1 Wrap	1½ Wraps	1½ Wraps