

POTATO CHICKPEA WRAPS



Time Required:
Minutes



Servings:

INGREDIENTS:

- 3 medium potatoes
- 1 (15 oz.) can of chickpeas, drained
- 1/4 cup green peas
- Paprika
- Cumin
- Turmeric
- Lemon Juice
- Cilantro
- Tortillas

Toppings

- 1 small tomato, chopped
- 1 small onion, chopped
- chopped lettuce, spinach, or other green

STEPS FOR COOKING:

1. Boil and peel the potatoes.
2. Mash the potatoes, drained chickpeas, and peas together.
3. Season the mixture and mix in the lemon juice and cilantro.
4. Divide the mixture between the wraps, and top the mixture with the chopped greens, onions, and tomatoes.
5. Wrap each one tightly.
6. if desired, grill each wrap on both sides until crisp and brown.

Recipe Source: <https://www.veganricha.com/samosa-wraps-spiced-potato-chickpea-burrito/>

WIC Foods:

- Potatoes
- Canned peas
- Dried chickpeas (garbanzo beans)
- Fresh or canned tomatoes
- Onion
- Fresh greens
- Whole Wheat or Corn Tortillas

Pantry Foods:

- Canned chickpeas (garbanzo beans)
- Canned peas

This institution is an equal opportunity provider.