

# Chickpea Salad Rolls

In this recipe, salad becomes finger food, as leaves of romaine lettuce are used to wrap a tasty chickpea filling.

## About the Recipe

**163 Calories · 8 g Protein · 6.5 g Fiber**

**Lunch · Dinner**

These salad rolls are high in healthy fiber!

Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

## Ingredients

***Makes 4 Servings***

- 1 1/2 c (228 g) cooked or canned chickpeas, rinsed or drained
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 3 green onions, chopped
- 2-3 tbsp (30 mL) fat-free vegan mayonnaise
- 1 tbsp (15 mL) stone-ground mustard
- 1/2 tsp (2.5 mL) salt
- 1/4 tsp (1.2 mL) ground black pepper
- 4 large romaine lettuce leaves
- 1 medium tomato, sliced, or 6 to 8 cherry tomatoes, cut in half

## Directions

1. Coarsely mash the beans with a fork or potato masher, leaving some chunks.&nbsp;

2. Add the carrot, celery, green onions, mayonnaise, mustard, salt, and pepper. Mix well.
3. Place about one-quarter of the mixture on each lettuce leaf.
4. Add one-quarter of the tomato, roll the lettuce around the filling, and serve.
5. Stored in a covered container in the refrigerator, leftover Chickpea Salad Romaine Wrap filling (without the lettuce and tomato) will keep for up to 3 days.

## Nutrition Facts

*Per serving*

**Calories:** 163

**Fat:** 4 g

**Saturated Fat:** 0.5 g

**Calories from Fat:** 22%

**Cholesterol:** 0 mg

**Protein:** 8 g

**Carbohydrates:** 25.6 g

**Sugar:** 3.5 g

**Fiber:** 6.5 g

**Sodium:** 525 mg

**Calcium:** 72 mg

**Iron:** 2.9 mg

**Vitamin C:** 15.2 mg

**Beta-Carotene:** 2,555 mcg

**Vitamin E:** 1.2 mg