



Spiced Chickpea Kale Crunch Wrap

Prep Time: 10 minutes | Cook Time: 15 minutes | Difficulty: Easy

INGREDIENTS

- 1 can (15 oz) chickpeas, rinsed and drained
- 2 cups chopped kale (stems removed)
- 1 small red bell pepper, finely diced
- 1 small red onion, thinly sliced
- 1 garlic clove, minced
- 1 whole-grain wrap (or your favorite plant-based tortilla)
- 1 tablespoon olive oil
- ¼ teaspoon smoked paprika
- ¼ teaspoon cumin
- Salt and pepper, to taste For the Sweet & Tangy Sauce:
- 3 tablespoons tahini
- 2 tablespoons lemon juice

INSTRUCTIONS

- 1 Preheat your skillet over medium heat. Toss the chickpeas with olive oil, smoked paprika, cumin, salt, and pepper. Add the chickpeas to the skillet and cook for about 8 minutes, stirring occasionally, until they start to crisp up on the edges.
- 2 Once the chickpeas have begun crisping, add the red onion and garlic to the skillet. Sauté for 2-3 minutes until the onion softens but still retains a bit of crunch.
- 3 Turn off the heat then stir in the chopped kale and red bell pepper into the pan. The residual heat will slightly wilt the kale while preserving its crunch. Give everything a good mix.
- 4 Meanwhile, in a small bowl, whisk together the tahini, lemon juice, apple cider vinegar, agave syrup, minced garlic, and cayenne. Add water a tablespoon at a time until you achieve a smooth, drizzly sauce consistency. Give it a taste - if it needs more salt or a dash extra spice, adjust as you like.
- 5 Lay your wrap flat and spread a generous drizzle of the sweet and tangy sauce over it. Spoon the warm chickpea and vegetable mixture down the center. Roll up the wrap tightly, slice it in half if

