

PREPARATION: 20 MINUTES

COOKING: 8 MINUTES

2 SERVINGS

# CHICKPEA WRAP WITH YOGURT SAUCE



## INGREDIENTS

### Toasted chickpeas

1 cup chickpeas, rinsed and drained  
( $\frac{1}{2}$  of a 540 ml can)

1 tablespoon zaatar spice\*

$\frac{1}{2}$  teaspoon paprika

$\frac{1}{2}$  lemon, zest and juice

1 garlic clove, minced

$\frac{1}{2}$  tablespoon corn starch

1 teaspoon honey

1 tablespoon olive oil

### Sauce

$\frac{1}{3}$  cup plain Greek yogurt, 0%

2 tablespoons fresh mint or cilantro,  
chopped

$\frac{1}{2}$  teaspoon black pepper

### Other

2 white flour tortillas (10 inch diameter)

2 lettuce leaves

$\frac{1}{2}$  cup Lebanese cucumbers, sliced

1 tablespoon red onion, diced

6 cherry tomatoes, quartered

\* You can make a similar seasoning mix by combining 1 teaspoon dried thyme and 2 teaspoons sumac. For complete recipe search the internet for “Make your own zaatar spice”.

## PREPARATION

- 1 In a small bowl, combine all ingredients for the toasted chickpeas, except the olive oil.
- 2 In a *non-stick* frying pan, heat 1 tablespoon olive oil over medium heat. Add the chickpeas and spices and fry for 5 minutes or until soft and sauce thickens. Set aside to cool.
- 3 In another bowl, prepare the sauce. Combine yogurt, cilantro, and pepper.
- 4 Assemble two wraps: place a lettuce leaf on each tortilla. Add half of the cucumber, red onion, and tomatoes. Top with half of the sauce and make a roll. Cut roll into halves. Enjoy immediately or keep in the fridge for a day.

*Tip: Adding lemon zest, sliced green onion, or garlic gives some more zest to the sauce.*

### Nutrient Analysis

#### PER SERVING:

$\frac{1}{2}$  of recipe

#### RENAL EXCHANGE:

1 Protein + 4 Starch + 1 Vegetable

Calories **484 Kcal**

Protein **17 g**

Carbohydrates **73 g**

Fibre **9 g**

Total Fat **15 g**

Saturated Fat **5 g**

Cholesterol **1 mg**

Sodium **475 mg**

Potassium **634 mg**

Phosphorus **305 mg**

Very high  
source  
of fibre