

## **Smashed Chickpea Salad Wrap**

Total time: 10 minutes. Serves 2-4.

### Ingredients:

- 1 16oz can chickpeas, drained and rinsed
- 1 ripe avocado, optional
- 1/4 cup red onion, diced
- 1 persian cucumber or 1/2 english or other cucumber, diced
- Handful of lettuce or spinach, torn or other vegetable of your choice, optional
- 2 tsp olive oil
- 1 lemon, juiced
- 1 tsp cumin
- 1/2 tsp salt
- Black pepper to taste
- 1 package tortillas or wrap of your choice

### Equipment:

Can opener, Colander, Cutting board, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife, Fork, Large bowl

### Directions:

In a large bowl, add chickpeas and avocado and mash, using a fork or potato masher, making sure to leave some bigger pieces for texture. Next add cucumber, onion, olive oil, and lemon juice. Mix well then add the cumin, salt, and pepper. Mix again well. Fill a tortilla with a few spoonfuls of salad and greens, enjoy.

Adapted from: <https://www.instagram.com/reel/Cnkhaf0ty-y/?igshid=ZDFmNTE4Nzc%3D>.