

# Crazy Chickpea Salad Wrap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**YIELD**

**50 Servings**

**OR**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Chickpeas, canned, drained		2 ½ - #10 cans		5-#10 cans
Eggless mayonnaise		3 ¼ cups		6 ½ cups
Carrots, shredded, ready-to-use	1 pound 8 ounces		3 pounds	½ gallon
Celery, diced, ready-to-use	1 pound		1 pound	
Relish, sweet		3 cups		6 cups
Dijon mustard		½ cup		1 cup
Salt		1 ½ Tablespoon		3 Tablespoons
Black pepper		1 Tablespoon		2 Tablespoons
Garlic, granulated		2 Tablespoons		¼ cup
Tortillas, whole grain rich, 10-inch		50 each		100 each
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Tomato, diced, ready-to-use	3 pounds		6 pounds	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Grind chickpeas in food processor or Robot Coupe until the beans become small flaky pieces.
2. In a large bowl, combine the eggless mayonnaise, shredded carrots, diced celery, relish, Dijon mustard, salt, black pepper, and garlic. Mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.



# Crazy Chickpea Salad Wrap Continued

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## Serving Information

Portion  $\frac{3}{4}$  cup chickpea salad on each 10-inch tortilla. Top with  $\frac{1}{4}$  cup chopped romaine and  $\frac{1}{4}$  cup diced tomatoes. Roll the tortilla and serve. Serve with a one-ounce package of crackers, pretzels, or tortilla chips.

\*The lettuce and tomato can be portioned out in a souffle cup and served on the side of the wrap.

Each wrap with the lettuce and tomato provides 2 meat alternates, 1-ounce grain equivalent,  $\frac{1}{4}$  cup red/orange vegetable, and  $\frac{1}{4}$  cup dark green vegetable. The crackers, pretzels, or tortilla chips will provide the additional 1-ounce grain equivalent needed for most age groups.

## Nutrition Information

 \*Wrap including romaine and tomatoes

Calories: 456 Total Fat: 18g Saturated Fat: 1.3g Monounsaturated Fat: 2.5g Polyunsaturated Fat: 5.5g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 70g Fiber: 12g Total Sugars: 13g Protein: 14g Sodium: 890mg  
Vitamin A: 188 $\mu$ g Vitamin C: 6mg Calcium: 58mg Iron: 3mg Folate: 168 $\mu$ g

