

Beany Wraps

Heads Up: We've called for plain flour tortillas for these wraps, but if you look in the deli area of your supermarket you will probably happen upon a selection of differently flavored wraps, including tomato, spinach, and whole wheat. You can also use lavash.

1 can (19 ounces) garbanzo beans (chickpeas)
3 scallions
1 celery stalk
3 tablespoons reduced-fat or light mayonnaise
2 tablespoons sweet pickle relish
2 tablespoons chopped fresh parsley
1 tablespoon Dijon mustard
Salt and pepper to taste
4 flour tortillas (8- to 9-inch diameter)

1. Drain and rinse the garbanzo beans. Place in a food processor and pulse briefly, just until broken into small chunks. (The beans should not be processed until smooth.) Or, place the beans on a chopping surface and roughly chop. Place the chopped beans in a medium bowl.
2. Trim the scallions to about 4 inches in length; finely chop. Chop the celery. Add the scallions, celery, mayonnaise, relish, parsley, and mustard to the beans, mixing lightly with a fork. Season with salt and pepper. Chill for 5 to 10 minutes.
3. If desired, gently warm the tortillas: Place between sheets of just-damp paper towels and heat in the microwave just until warm. (Do not overheat the tortillas. They should not be too crisp.)
4. Place a tortilla on each serving plate. Divide the filling equally among the tortillas and spread it almost to the edges. Fold in the edges on opposite sides and roll up each tortilla to form a wrap.

Nutrition Information Per Serving:
Beany Wraps Serves 4
Single serving is 1/4 of the total recipe
Calories 283
Protein 9g
Carbs 48g
Total Fat 6g
Sat Fat 0g
Cholesterol 0mg
Sodium 610mg
Fiber 0g

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