



## **Mediterranean Lettuce Wraps**

A tangy, nutty tahini dressing brings together no-cook ingredients like canned chickpeas and roasted red peppers for these easy meal-prep lettuce wraps. Make these wraps ahead of time for a grab-and-go lunch or dinner. A few wedges of warm pita finish off the meal perfectly.

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Source: EatingWell.com, December 2018

### **Ingredients**

- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- 1 teaspoon lemon zest
- ¼ cup lemon juice (from 2 lemons)
- 1 ½ teaspoons pure maple syrup
- ¾ teaspoon kosher salt
- ½ teaspoon paprika
- 2 (15 ounce) cans no-salt-added chickpeas, rinsed
- ½ cup sliced jarred roasted red peppers, drained
- ½ cup thinly sliced onions
- 12 large organic lettuce leaves
- ¼ cup toasted almonds, chopped
- 2 tablespoons chopped fresh cilantro/parsley/mint

### **Instructions**

1. Whisk tahini, oil, lemon zest, lemon juice, maple syrup, salt and paprika in a large bowl. Add chickpeas, peppers and onions. Toss to coat.
2. Divide the mixture among lettuce leaves (about 1/3 cup each). Top with almonds and cilantro or parsley or mint. Wrap the lettuce leaves around the filling and serve.

### **Nutrition Facts**

Serving Size: 3 Wraps Each

Per Serving:

498 calories; protein 15.8g; carbohydrates 43.7g; dietary fiber 9.6g; sugars 4g; fat 28g; saturated fat 3.5g; vitamin a iu 2232.6IU; vitamin c 8.6mg; folate 62.2mcg; calcium 162.5mg; iron 4mg; magnesium 103.7mg; potassium 620mg; sodium 567mg; thiamin 0.4mg; added sugar 2g.

Exchanges: 5 Fat, 2 Vegetable, 1 1/2 Lean Protein

Source: [Mediterranean Lettuce Wraps Recipe | EatingWell](#)