

# Healthy Wraps



YIELD **8** SERVINGS

Serving Size: 1/8 of recipe

## NUTRITION FACTS PER SERVING

Calories:	403-417 kcal	Saturated Fat:	3-4 g
Carbs:	33 g	Protein:	8-10.5 g
Fiber:	.35 g		
Fat:	4.87-5 g		

## INGREDIENTS

### Dijon Mustard Vinaigrette

- 3/4 cup extra-virgin olive oil
- 1/4 cup white wine vinegar
- 1/4 cup fresh lemon juice
- 3 tbsp dijon mustard
- 2 tbsp honey
- 1 garlic clove
- 1/2 tsp sea salt
- 1/4 cup grated parmesan cheese
- 4 XL tortillas

### Wraps

- 2 cups cooked chickpeas, drained & rinsed
- 1/4 tsp sea salt
- Freshly ground black pepper
- 3 curly kale leaves, stemmed & finely chopped
- 6 brussel sprouts, thinly sliced
- 1/2 cup thinly sliced radicchio
- 1 ripe avocado, sliced
- Grated parmesan cheese
- 4 XL tortillas

## DIRECTIONS

1. Make the dressing. In a blender, combine the oil, vinegar, lemon juice, mustard, honey, garlic, salt, and cheese, if desired. Blend until creamy and emulsified.
2. Make the wrap fillings. In a small bowl, use a potato masher to mash the chickpeas with 1/4 cup of the dressing, the salt, and several grinds of pepper.
3. In a medium bowl, toss the kale, Brussels sprouts, and radicchio with 1/3 cup of the dressing.
4. Assemble the wraps: Divide the chickpea mixture, salad mixture, avocado, and cheese, if using, among the tortillas. Fold the left and right sides of the tortilla over the filling. Fold the bottom flap of the tortilla up and over the filling and roll the wrap closed. Wrap in foil, slice in half crosswise, and serve with the remaining dressing on the side for dipping.



Jefferson County  
Health Center