

## **Greek Veggie Wrap**

2 14.5 oz. cans of chickpeas, drained and rinsed  
1/2 tsp of coriander (heaping)  
a pinch (or more) of cayenne  
1/2 of an English cucumber, diced  
1 large tomato, seeded and diced  
1/4 of a medium red onion, finely minced  
handful of kalamata olives, chopped  
2-3 tbsp of finely chopped flat leaf parsley  
1-2 tbsp of white/red wine vinegar (or lemon juice)  
1-2 tbsp of olive oil  
2 burrito-sized whole wheat tortillas  
feta cheese, crumbled  
several big handfuls of baby spinach  
salt and pepper

Prepare the bean mixture: put the chickpeas, coriander, cayenne, salt and pepper, and a good splash of water in a skillet. Cook over medium high heat until water evaporates. Taste, adjust seasonings and repeat process (add more water, cook until evaporated, taste), until desired texture is reached. I usually do the process twice.

Prepare the Greek salsa: combine cucumber, tomatoes, red onion, olives, parsley, vinegar, and olive oil. Season with salt and pepper.

Prepare wraps: warm a tortilla over an open flame, the microwave or in the oven. Put a healthy layer of baby spinach down. Top with bean mixture, feta cheese and salsa. Wrap, burrito-style.

(Servings: 2, Prep time: 20 min., Cook time: 20 min., Difficulty: Easy)