



UW

EXTENSION

NUTRITION & FOOD SAFETY

RECIPE OF THE MONTH

July



Smashed Chickpea and Avocado Lettuce Wraps

INGREDIENTS

1 ripe medium avocado

15.5 ounce can reduced sodium garbanzo beans

1 Tablespoon fresh lemon juice

2 Tablespoons fresh cilantro, finely chopped

2 Tablespoons red onion, finely chopped

1 teaspoon cumin

1 celery stalk, finely chopped

Salt and pepper, to taste

4 Boston lettuce leaves

1 medium tomato, sliced

2 Tablespoons feta cheese

DIRECTIONS

Drain garbanzo beans and add to a medium-sized mixing bowl. Mash to a smoother consistency (more or less depending on how chunky you'd like it). Add the avocado and lemon juice and continue mashing until well mixed. Stir in cilantro, red onion, celery, cumin, salt and pepper. Top lettuce cups with sliced tomatoes (and any other toppings, e.g. cucumbers, bell pepper, jalapenos or sprouts). Divide chickpea mixture into 4-5 portions and spoon onto lettuce cups*. Top with a sprinkle of feta cheese.

Serves 4

*For a heartier version, serve on whole wheat bread instead of lettuce cups.



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Nutrition Facts

Serving Size: (0.0g)
Servings Per Container: 4

Amount Per Serving

Calories 170

Calories from Fat 70

Calories from Saturated Fat 15

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 300mg **13%**

Potassium 520mg **15%**

Total Carbohydrate 20g **7%**

Dietary Fiber 8g **32%**

Sugars 5g

Other Carbohydrate 7g

Protein 7g **14%**

Vitamin A 20% • Vitamin C 25%

Calcium 8% • Iron 10%

Vitamin E 6% • Vitamin K 40%

Vitamin B6 10% • Folate 30%

Pantothenic Acid 8% • Phosphorus 10%

Magnesium 8% • Copper 10%

Manganese 25%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g