

 **Prep:** 20 minutes
 **Cook:** 5 minutes
 **Servings:** 4

Stuffed Greek Chicken Wraps

INGREDIENTS

- 1 can (~16 oz) Garbanzo Beans, any variety, *drained*
- 4 or 6 (8-inch) flour tortillas
- 1 cup romaine lettuce, *shredded*
- ¼ cup plain yogurt
- ¼ cup Italian or Greek dressing
- 1 cup chicken, *cooked and shredded*
- 1 small cucumber (about ½ cup), *peeled, seeded and diced*
- ¼ cup red onion, *thinly sliced*
- 1 small tomato (about ½ cup), *cored and chopped*
- ½ cup crumbled feta cheese
- 6 Kalamata olives, *pitted and chopped or sliced*

DIRECTIONS

1. Place half the beans in saucepan; mash gently with a potato masher or the back of a fork. Stir in remaining whole beans; heat through. Cover and set aside.
2. Arrange tortillas on counter, place lettuce evenly in the center of each. Mix yogurt and dressing in a small bowl.
3. Combine remaining ingredients with bean mixture, adding the yogurt and dressing mixture last.
4. Divide mixture onto prepared tortillas. Fold in sides of tortilla and roll up tightly. Serve warm or cold.

Nutritional Analysis, per serving (using 4 flour tortillas)

Calories 214	Carbohydrate 14g	Protein 16g
Total Fat 10.5g	Fiber 1g	Sodium 600mg
Saturated Fat 4g	Sugar 7g	(26% DV)



**Canned
Beans**

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