



## Recipes

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### Mediterranean Chickpea Wrap

Prep Time: 15 Minutes

Serves 1

#### Ingredients:

- 1 each 12" Whole Wheat Tortilla (10254) , steamed
- 3 oz. Whipped feta & lemon spread, see related recipe
- 1.5 oz. Kalamata Olive Tapenade
- .8 oz. Baby kale leaves
- 4 oz. Crushed and seasoned chickpeas, see related recipe
- 1 oz. Parsley, red onion & lemon mixture

#### Directions:

1. Place your wrap on a work surface
2. Spread with the feta spread followed by the olive tapenade
3. Place the baby kale leaves and follow with the chickpea mixture
4. Finally, top with the parsley, red onion and lemon seasoning
5. Bring sides towards center and roll to close
6. Cut in half to serve

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### Seasoned Chickpeas

Serves 1

#### Ingredients:

- 1 lb. Chickpeas , canned, drained & crushed
- 2.5 oz. Golden Raisins, chopped
- 1 oz. Extra Virgin Olive Oil
- .5 oz. Za'atar seasoning

#### Directions:

1. Mix together
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### Feta Lemon Spread

Serves 1

#### Ingredients:

8 oz. Feta Cheese  
8 oz. Mascarpone  
1 oz. Lemon Juice  
1 oz. Extra Virgin Olive Oil  
.5 oz. Honey

#### Directions:

1. Food processor until smooth

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### Parsley, red onion, and lemon mixture

Serves 1

#### Ingredients:

2.5 oz. Red Onions , small, chopped  
1.5 oz. Parsley , chopped  
1.5 oz. Lemon Juice  
.5 oz. Extra Virgin Olive Oil  
.1 oz. Chili Flakes  
.1 oz. Kosher Salt

#### Directions:

1. Mix together