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Vegan Chickpea "Tuna" Salad Wraps

A plant-based twist on a classic favorite, these vegan chickpea "tuna" salad wraps are protein-packed, quick to make, and perfect for lunch or a light summer meal.

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2–3 tablespoons vegan mayonnaise (or mashed avocado for a lighter option)
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon dill relish or chopped pickles
- 1 celery stalk, finely chopped
- 1 small red onion, finely chopped
- Salt and pepper to taste
- Optional: 1 teaspoon capers, ½ teaspoon garlic powder, chopped fresh dill
- Whole wheat or spinach wraps
- Leafy greens (lettuce, spinach, or arugula)
- Optional fillings: sliced cucumber, shredded carrots, avocado slices

Instructions:

1. **Mash the Chickpeas:**
   In a medium bowl, roughly mash the chickpeas with a fork or potato masher,

leaving some texture.

2. **Mix the Salad:**
   Add vegan mayo, Dijon mustard, lemon juice, relish, celery, onion, and optional seasonings. Stir until well combined. Adjust salt, pepper, and lemon juice to taste.

3. **Assemble the Wraps:**
   Lay your wrap flat, add a handful of greens, and spoon a generous amount of chickpea salad on top. Add extra veggies if desired.

4. **Wrap and Serve:**
   Roll the wrap tightly, slice in half, and enjoy! You can also chill the chickpea salad in the fridge for 30 minutes to enhance the flavour.