



Spicy Filipino Adobo Chickpea Wraps

Yield: 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per serving)
Olive oil	1 tbsp	Calories 570 Fat 31g
SupHerb Farms Fusions® Filipino Adobo Paste	1/4 cup	Cholesterol 0mg Sodium 850mg
Coconut milk	1 can (14 oz)	Carbohydrate 61g Fiber 10g
Canned chickpeas, drained and rinsed	1 can (19 oz)	Sugars 4g Protein 17g
Whole wheat wraps	4	DIETARY STATEMENTS
Baby spinach	1 cup	Vegetarian Vegan
Grated carrot	1 cup	Free of Dairy Free of Nuts
Red onion, thinly sliced	1/4 cup	Free of Eggs

PREPARATION

1. Heat oil in saucepan set over medium heat; sauté Filipino adobe paste and chickpeas for 2 minutes or until fragrant. Add coconut milk; bring to simmer.
2. Reduce heat to medium-low; simmer, uncovered, for 18 to 20 minutes or until sauce is reduced and thickened.
3. Remove half of the chickpea mixture; reserve. Mash remaining mixture; stir in reserved chickpeas.
4. On wraps, layer baby spinach, carrot and red onion.
5. Top each wrap with 1/2 cup chickpea mixture. Fold in sides and roll up tightly to enclose filling.