



Makes 8 wraps

Preparation Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 15-oz. can garbanzo beans (chickpeas), rinsed and drained

3 cups shredded zucchini or yellow summer squash

½ cup shredded carrot

½ cup shredded radishes

½ cup snap pea pods, thinly sliced diagonally

½ cup chopped red onion or shallots

¼ cup finely snipped fresh dill

2 tablespoons white miso paste

1½ teaspoons yellow mustard

1 clove garlic, minced

Sea salt and freshly ground black pepper, to taste

8 7- to 8-inch whole wheat flour tortillas

16 lettuce leaves, stemmed and cut into large pieces

Rainbow Veggie Slaw Wrap

These satisfying wraps make a great portable breakfast. Wrap them tightly in waxed paper and stash in the refrigerator for a meal on the go. Mashed chickpeas serve as a luscious base for the veggies, and white miso paste adds a burst of flavor. Feel free to get creative and swap in your favorite in-season fresh vegetables.

By Darshana Thacker Wendel

- 1 For slaw, in a large bowl mash chickpeas. Stir in the next nine ingredients (through garlic). Season with salt and pepper.
- 2 In a dry skillet heat tortillas, one at a time, on both sides until warm. Remove and cover with a towel to keep warm.
- 3 To assemble, arrange lettuce and spoon slaw onto each tortilla just below the center. Fold bottom edge of tortilla over filling. Fold in opposite sides; roll up tortilla.