

## Smashed Chickpea and Avocado Lettuce Wraps

**Prep Time:** 20 minutes

**Servings:** 4

**Recipe Adapted from:** <https://www.aicr.org/cancer-prevention/recipes/smashed-chickpea-and-avocado-lettuce-wraps/>

Ready in just 10 minutes, these vegetarian wraps are packed with fiber-rich chickpeas, fresh Boston lettuce and creamy avocado. Opting for meatless meals a few times a week is one way to eat more plant foods and cut down on your grocery bill.

### Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 ripe medium avocado
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. fresh cilantro, finely chopped
- 2 Tbsp. red onion, finely chopped
- ½ bell pepper, finely chopped
- 1 tsp. cumin
- Salt and pepper, to taste
- 4 Boston lettuce leaves
- 1 medium tomato, sliced
- 2 Tbsp. cheese



### Directions:

1. Add chickpeas to a medium-sized mixing bowl.
2. Mash to a smoother consistency (more or less depending on preference).
3. Add avocado and lemon juice and continue mashing until well mixed.
4. Stir in cilantro, red onion, bell pepper, cumin, salt and pepper.
5. Top lettuce cups with sliced tomatoes (and any other toppings, e.g. cucumbers, bell pepper, jalapenos or sprouts).
6. Divide chickpea mixture into 4-5 portions and spoon onto lettuce cups\*. Top with a sprinkle of cheese.