

Chickpea Potato Salad Wraps

Catherine Brown, Plant-based Chef & Culinary Nutritionist at [A Seat at My Table](#)



My basic ratio is 2 parts cooked potatoes to 1.5 parts chickpeas and 1.5 parts chopped fresh veg for a good mix of crunchy, creamy, substantial filling.

Total Time: 30-35 minutes Prep Time: 10 minutes Cook Time: 15-20 minutes

Here's what you'll need for 6 wraps (2 halves each)

- 2 cups potatoes, skins on, cooked and cubed into bite-sized pieces
- 3/4 cup English or pickling cucumber, diced small
- 3/4 cup sweet bell pepper (any color, I used yellow)
- 1 can (15oz) chickpeas, drained and rinsed (reserve about 1/4 cup of the liquid)
- 1 heaping Tbsp preserved Meyer lemon paste* OR
- 1 large lemon, zest and juice
- 1/4 cup fortified nutritional yeast** (optional but recommended)
- 1/4 cup pure nut butter (without added salt or sugar), I used almond
- 1 Tbsp tahini (optional)
- 2 Tbsp Dijon mustard
- 2 Tbsp apple cider vinegar or white wine vinegar
- 1 Tbsp fresh dill, French tarragon, summer savory, lemon basil OR lemon thyme
- 2-3 Tbsp chives or scallions
- 1 tsp smoked paprika or chili powder (optional)
- 6 large leaves of loose-leaf lettuce, washed and dried

6 medium (8-10") flour tortillas, whole grain if available
Freshly ground black pepper, to taste

* Preserved Meyer lemon paste is salty. No additional salt will be needed. This is also why I used fresh cucumbers instead of pickles. If not using preserved Meyer lemon paste, feel free to swap the diced cucumber for dill pickles and the vinegar can be swapped for pickle juice.

** Fortified nutritional yeast is a good source of B vitamins, including vitamin B12. Not all brands of nutritional yeast are fortified, so check the label carefully. Nutritional yeast also lends some body and flavor to this dip but is not absolutely necessary.

The Process:

1. Put 6 qts of water on to boil. Scrub and dice potatoes into bite-sized pieces. When water is boiling, add potatoes, reduce heat and simmer until just tender, 10-15 minutes depending on size of potatoes. Drain, set aside to cool.
2. While waiting for the water to boil, prepare the vegetables, herbs and sauce.
3. To make the sauce, add the preserved Meyer lemon paste or lemon zest and juice, nutritional yeast, tahini or nut butter and vinegar to a large bowl. Whisk to combine.
4. To the sauce, add the drained beans. Using the whisk or the back of a spoon, smash the beans into chunky pieces until most are no longer whole. Stir to incorporate into the sauce. If necessary, thin with a little reserved liquid from the beans.
5. Add the herbs, chives and/or scallions, and smoked paprika or chili powder (if using) to the bowl, stir to combine.
6. Add the cooled potatoes and diced veg to the bowl; toss gently. Add the fresh ground pepper, taste and adjust seasoning if needed.
7. Cover and chill (along with the lettuce leaves) while preparing the tortillas.

8. Heat a dry cast iron griddle over med heat. When hot, briefly heat each tortilla until bubbles and darker spots appear. Flip and heat the same on the other side.

9. To assemble (I like to do this on top of a cutting board), place one lettuce leaf on top of each tortilla and add ~3/4 cup of filling. Tuck the sides and roll up tightly, burrito style. Cut each wrap diagonally and arrange on plates or platter. These can also be wrapped individually in wax paper or aluminum foil for individual use and easy transport. These make GREAT additions to lunch boxes and picnic baskets too!

Try serving these alongside my [Lacto-fermented Moroccan-Spiced Carrots](#) (plated on the first photo above), my [Lacto-fermented Spicy Carrots](#) or my [Lacto-fermented Red Onions](#). These can also be tucked inside the wrap if well drained.

Now you can walk around and eat your potato salad with one hand! [ENJOY!](#)

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	381
	% Daily Value*
Total Fat 12.4g	16%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 572mg	25%
Total Carbohydrate 56.4g	21%
Dietary Fiber 12.1g	43%
Total Sugars 4g	
Protein 15g	
Vitamin D 0mcg	0%
Calcium 69mg	5%
Iron 4mg	24%
Potassium 676mg	14%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
Recipe analyzed by verywell	

Nutrition information is for one 10" whole wheat flour tortilla, one large leaf of lettuce and ~ 3/4 cup of filling.

To further reduce sodium content, swap the preserved Meyer lemon paste for the zest & juice of one large lemon; use fresh cucumbers and not pickles and buy low-sodium canned chickpeas or cook your own from dried beans.