

# Mediterranean Chickpea Wrap with Creamy Greek Dressing

## Ingredients

For each sandwich:

2 tablespoons Greek yogurt

1 teaspoon red wine vinegar

1 tablespoon olive oil

1/4 teaspoon oregano

1 pinch garlic powder

kosher salt to taste

black pepper to taste

1/2 cup baby spinach or other baby greens

1/4 cup cooked chickpeas drained and rinsed

1/4 cup chopped cucumber

2 slices red onion

1/4 cup feta cheese chopped

1/4 cup tomato chopped

1/4 cup pitted olives chopped

1 large whole wheat tortilla wrap

## Instructions

In a medium mixing bowl, whisk together yogurt, vinegar, olive oil, oregano, garlic powder, salt, and pepper. Taste and adjust seasonings if needed.

Add remaining ingredients except tortilla; mix to coat evenly in dressing.

Add mixture to the tortilla, wrap like a burrito. Eat!

