

Spiced Chickpea Wrap with Tahini Dressing (makes four wraps)
From Thug Kitchen's "Thug Kitchen: eat like you give a f*ck"

Tahini Dressing

1/4 cup tahini*
3 tablespoons warm water
1 1/2 tablespoons lemon juice
1 tablespoon rice vinegar
1 tablespoon olive oil
1 teaspoon soy sauce or tamari
2 cloves garlic, minced

Spiced chickpeas

1 tablespoon olive oil
3 cups cooked chickpeas**
2 tablespoons lemon juice
1 teaspoon maple syrup
1 teaspoon soy sauce or tamari
2 teaspoons smoked paprika
2 teaspoons ground cumin
1 teaspoon garlic powder
1/4 to 1/2 teaspoon cayenne pepper

4 large wraps or flour tortillas
Spinach
Cucumber sticks
Carrot sticks

1. To make the dressing, mix all that sh*t together in a small glass until it is smooth and creamy. Set it in the fridge.
2. Now get the chickpeas going. Heat up the olive oil in a large skillet or wok over medium-high heat. Add the chickpeas and fry them until they start to turn gold and pop around a bit. You'll see what the f*ck we mean. This will take 3 to 5 minutes. In a small glass, mix together the lemon juice, maple syrup, and soy sauce. When the chickpeas are looking right, pour the lemon juice mixture over them and stir. Let that sh*t evaporate for about 30 seconds and then add all the spices. Stir and let them all fry together for another 30 seconds and then turn off the heat.
3. Serve these spiced sons of b*tches in a wrap with some spinach leaves and thinly sliced carrot and cucumber sticks. Drizzle some dressing over it and wrap that sh*t up.

* This is like peanut butter but made out of sesame seeds. It will be near the nut butters or falafel mix at the store.

** Use two 15-ounce cans if you aren't making it yourself.

Kathy's Healthy Living

From http://www.philly.com/philly/health/fitness/Profanity-filled_Thug_Kitchen_cookbook_urges_healthy_eating.html