

## Healthy Roasted Beet Wraps with Chickpeas and Creamy Tahini

### Roasted Beet & Chickpea Wraps



#### ROASTED BEET & CHICKPEA WRAPS

You Will Need

- 2 cups chopped romaine or mixed greens
- 1 tablespoon olive oil
- Salt and pepper to taste

OVEN  
400°F

TIME  
30 to 35 min

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Recipe Card

SAVE  
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### INGREDIENTS

4 large flour tortillas or gluten-free wraps  
3 to 4 medium beets, peeled and cubed  
1 can chickpeas, drained and rinsed  
1 tablespoon olive oil  
Salt and black pepper, to taste  
2 cups fresh greens such as spinach, arugula, or mixed greens  
Optional toppings: sliced cucumbers, shredded carrots, red onion, crumbled feta, or fresh parsley  
For the Tahini-Lemon Sauce:  
1/4 cup tahini  
2 to 3 tablespoons lemon juice  
1 small garlic clove, minced  
2 to 4 tablespoons water, as needed  
Salt and pepper, to taste

### DIRECTIONS

1. Roast the beets: Preheat your oven to 400°F. Toss the cubed beets with olive oil, salt, and pepper, then spread them on a baking sheet. Roast for about 30 to 35 minutes, or until tender and lightly caramelized at the edges.
2. Prepare the chickpeas: While the beets roast, drain and rinse the chickpeas. You can leave them as they are or toss them with a little olive oil, salt, and pepper and roast them for 15 to 20 minutes for added texture.
3. Make the tahini-lemon sauce: In a small bowl, whisk together tahini, lemon juice, olive oil, garlic, salt, and pepper. Add water a little at a time until the sauce is smooth and drizzle-friendly.
4. Warm the wraps: Warm the tortillas or wraps in a dry skillet or microwave for a few seconds so they become soft and easy to fold.
5. Assemble the wraps: Layer greens, roasted beets, chickpeas, and any additional toppings in the center of each wrap. Drizzle generously with tahini-lemon sauce.
6. Fold and serve: Fold in the sides and roll tightly. Serve immediately or wrap for later.

### SWAPS & NOTES

This wrap recipe is easy to adapt, which makes it even more useful for busy weeks.

Gluten-free wraps work well if needed.

Canned chickpeas save time, but freshly cooked chickpeas also work beautifully.

Goat cheese or feta can be added for extra creaminess and a salty finish.

## TIPS FOR SUCCESS

Roast the beets until they are tender and slightly caramelized for the best flavor.

Undercooked beets can feel too firm inside the wrap.

It is tempting to pile in everything, but a moderate amount makes them easier to roll and eat.

If making ahead, keep the sauce separate until just before serving to help the wraps stay fresh and not get soggy.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/healthy-roasted-beet-wraps-with-chickpeas-and-creamy-tahini/>