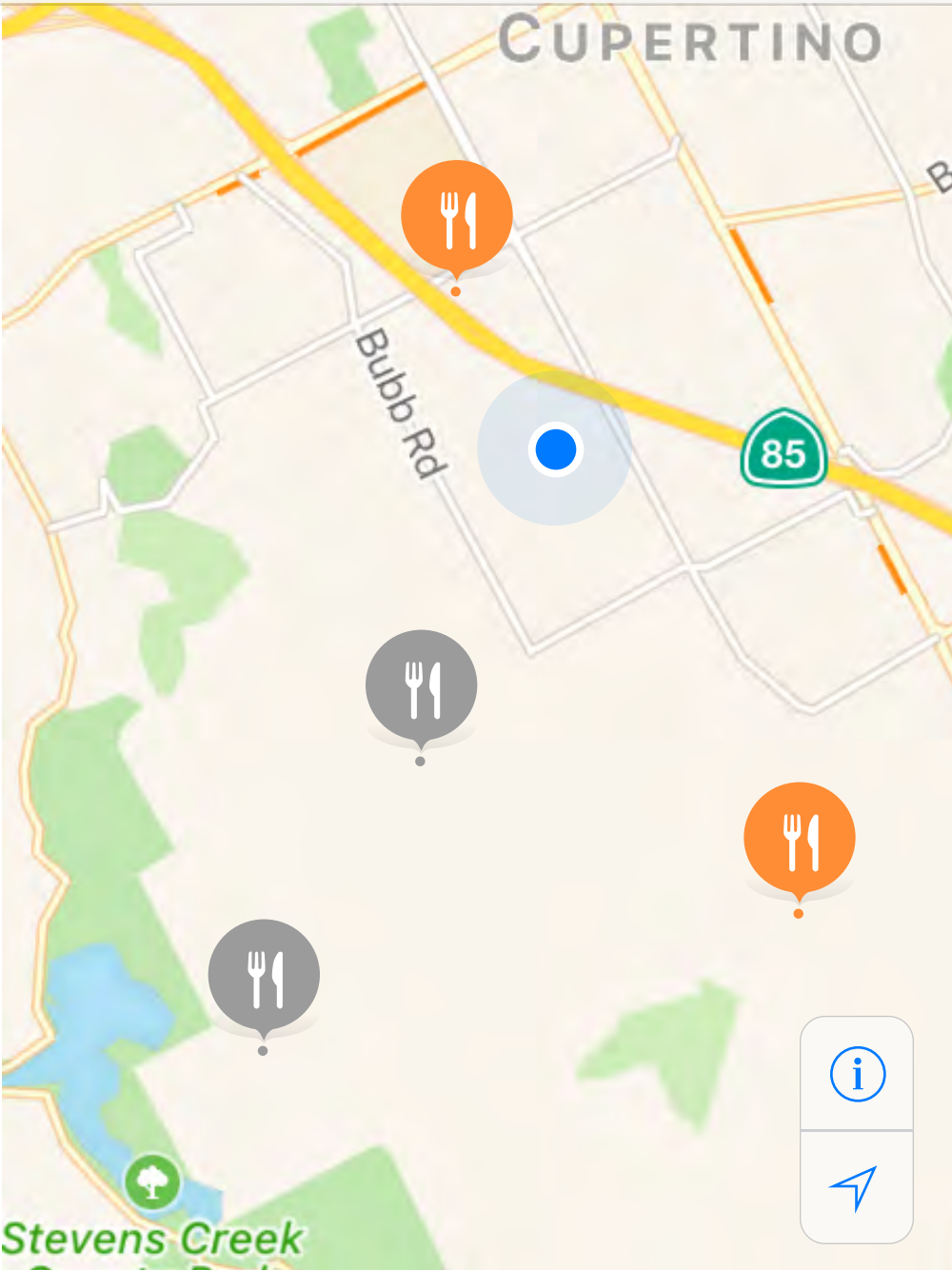


Map List

Search



Stores



Shopping List

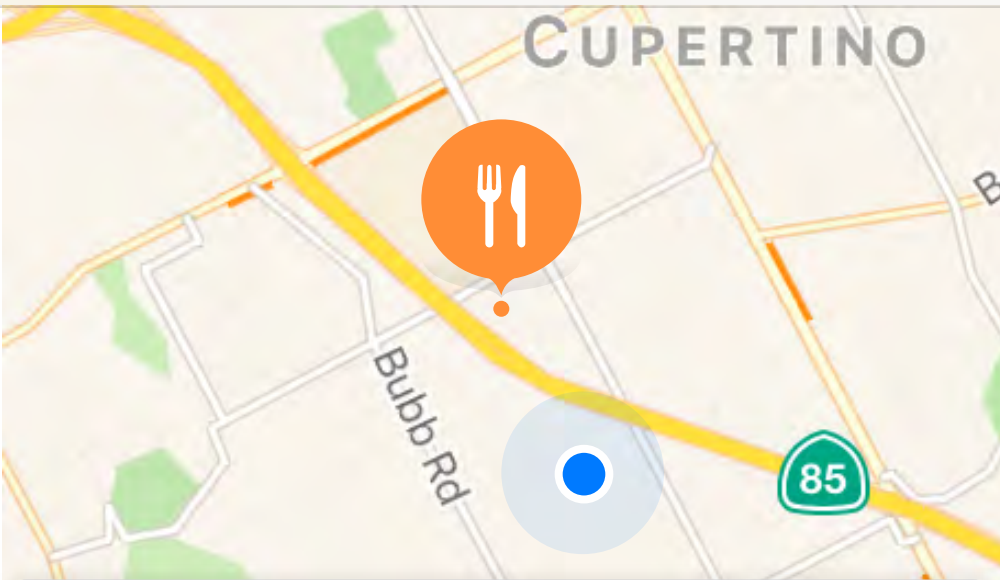


Recipes



Map List

Search 



Local Market



Traditional · 0.9 mi

★★★★★ (84) on Yelp

Select



Stores



Shopping List



Recipes



Map List

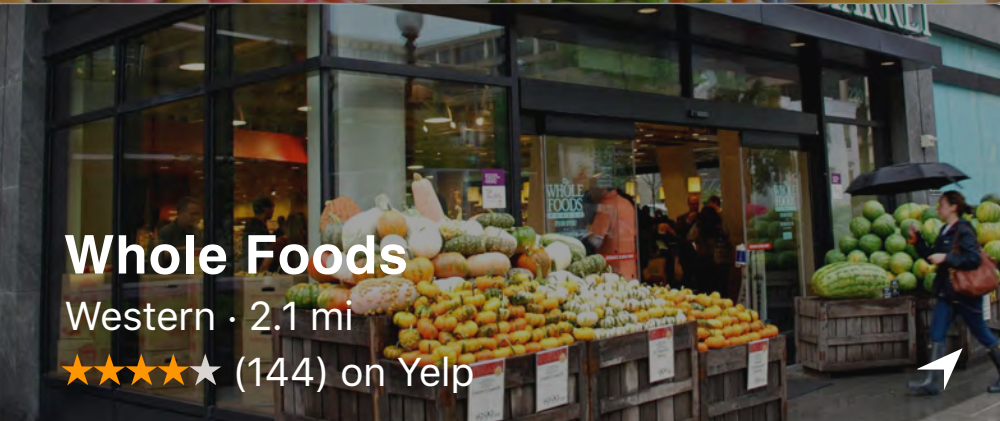
Search



Local Market

Traditional · 0.9 mi

★★★★★ (84) on Yelp



Whole Foods

Western · 2.1 mi

★★★★★ (144) on Yelp



Street Market

Traditional · 3.8 mi

★★★★★ (46) on Yelp



Stores



Shopping List



Recipes



Local Market



Search



Local Market



Stores



Shopping List



Recipes



Search



Local Market



Cookware

Diet

Cuisine

Rating

Cancel



Curried Chickpea and Tofu Wraps

★★★★
(34)

10 min
PREP

8
SERVING

\$12.89
TOTAL

- 1 can chickpeas (15 oz) \$1.49
- 1 package baked tofu (6 oz) \$2.15
- 2 celery stalks \$0.30
- Red grapes (small bag) \$2.00
- 1 jar vegan mayo \$2.99
- 1 red onion (small) \$0.50
- Chopped cashews (1/4 cup) \$0.80
- Curry Powder \$0.67
- Tortilla wraps or butter lettuce \$1.99



Stores



Shopping List



Recipes

< Shopping List



Local Market



Whole Foods



Stores



Shopping List



Recipes



Local Market



Baked Tofu

1 pkg (6 oz) | \$2.15

Produce

Celery

2 stalks | \$0.30

Produce

Red Grapes

1 small tray | \$2.00

Produce

Butter Lettuce

1 head | \$1.99

Produce

Red Onion

1 small | \$0.50

Produce

Cashews

1/4 cup | \$0.80

Bulk

Curry Powder

2 oz | \$0.67

Bulk

Chickpeas

1 can (15 oz) | \$1.49

Aisle 4

Vegan Mayo

1 jar (10 oz) | \$2.99

Aisle 5



Stores



Shopping List



Recipes

Local Market





Local Market



Whole Foods





Local Market



Cookware

Diet

Cuisine

Store

Cancel



Local Market

No Cookware



Microwave Only



Stores



Shopping List



Recipes



Curried Chickpea and Tofu Wraps

★★★★
(34)

10 min
PREP

8
SERVING

\$12.89
TOTAL

INGREDIENTS

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 (6 oz) package baked tofu
- 1/2 cup chopped celery
- 1/2 cup red grapes, cut in half
- 1/4 cup + 1 tablespoon vegan mayo
- 1/4 cup chopped red onion
- 1/4 cup chopped cashews
- 1 teaspoon curry powder
- Tortilla wraps or butter lettuce

DIRECTIONS

Add the chickpeas to a large bowl and mash them roughly with a potato masher. Use your hands to crumble to tofu into the bowl and then add all the other ingredients. Stir until combined.

Separate the lettuce cups and fill each one with desired amount of filling. Enjoy!

Rate



Stores



Shopping List



Recipes



Recipes

Curried Chickpea and Tofu Wraps



Submit

