

Caribbean Style Wrap with Ben's Original™ 10 Medley RECIPE

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TIME

20

INGREDIENTS

10 items

MAKES

4 servings

This flavor-packed wrap created in partnership with Chef Shenarri Freeman is a fun and delicious way to enjoy Caribbean flavors while getting the whole grains and plant-diverse foods that will fuel your body to help you handle everything life brings you. SHARE

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INGREDIENTS

- 1 cup cooking oil
- 1 ripe yellow plantain, sliced diagonally

- 14 oz. can reduced sodium chickpeas, drained and rinsed, or 8 oz. boneless, skinless chicken thighs, cubed
- 1 Tbsp. dry curry seasoning
- 1/4 tsp. salt
- 3/4 cup lite coconut milk
- · 4 medium flour tortillas
- 1 cup cabbage, shredded
- 1 pouch Ben's Original™ 10 Medley Caribbean Style, cooked in microwave according to pack instructions
- 1/4 cup cilantro leaves, for garnish

INSTRUCTIONS

1. 1

In medium frypan, heat 1 cup oil on medium heat. Fry plantains until golden brown and soft. Remove from pan, place on a paper towel to drain excess oil and set aside.

2. 2

Pour oil from the pan and return to medium heat. Add chickpeas (or chicken) to the pan with salt and curry powder, sauté for 3 minutes.

3. 3

Add coconut milk, bring to a simmer. Cook until sauce is thick (and chicken is cooked through if using).

4. 4

Heat Ben's Original™ 10 Medley Caribbean Style according to pack instructions.

5. 5

Assemble wrap with plantains, chickpeas (or chicken), cabbage and Ben's Original™ 10 Medley Caribbean Style. Garnish with cilantro.

NUTRITION

• CALORIES: 440

• TOTAL FAT: 15g - 19%

• SATURATED FAT: 2g - 10%

• TRANS FAT: 0g

CHOLESTEROL: 0mg - 0%SODIUM: 600mg - 26%

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• TOTAL CARBOHYDRATES: 71g - 26%

• DIETARY FIBER: 9g - 32%

• TOTAL SUGARS: 9g

• PROTEIN: 12g

Categories:

Easy, Family-friendly, Healthy Options, Vegetarian

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Broccoli "Fried Rice" with Ben's Original™ 10 Medley

Cooking time

20 min

Ingredients

7 items

SEE DETAILS



Tomato Cucumber Salad with Ben's Original™ 10 Medley

Cooking time

20 min

Ingredients

9 items

SEE DETAILS



Smoky Southwest Tacos with Ben's Original™ 10 Medley

Cooking time

17-20 mins

Ingredients

14 items

SEE DETAILS

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