

MARCH

This Month...

- **FREE** Self Defense Classes
Tuesday & Thursday, March 3, 5, 10, & 12
- Lunch & Learn | Coping Techniques **Tuesday, March 10**
- March Luncheon **Monday, March 16 at 12:00PM**
- Lunch & Learn | Preplanning **Tuesday, March 17**
- Reverse Mentoring **Friday, March 20**
- Versiti Blood Drive **Tuesday, March 24** *www.versiti.org
- Pizza & Bingo **Wednesday, March 25 at 12:00PM**
- Puzzle Competition **Saturday, March 28 at 9:00AM**

Please call or visit the front desk for preregistration & additional information.

www.byrontownshiprec.org
616.878.1998

2026

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Avocado Buffalo Chickpea Salad Wraps

Ingredients for the Salad:

- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 stalk celery, diced
- ½ cup shredded carrot
- ¼ cup diced cilantro
- 2 tablespoons finely diced red onion

Ingredients for the Dressing:

- ¼ cup plain yogurt
- 3-4 tablespoons buffalo sauce, depending on your spice level

Ingredients for the Wraps:

- 3 (8-inch) tortillas of choice (a standard easy to wrap tortilla is fine)
- 1 avocado, sliced
- 2-3 cups fresh spinach
- Sliced red onion

Instructions:

1. Add rinsed and drained chickpeas to a large bowl and use a masher or fork to mash most of the chickpeas. Add in diced celery, shredded carrot, cilantro and red onion.
2. Next add in the yogurt and buffalo sauce and stir to combine and coat all the ingredients. Taste and adjust as necessary. You may want to add salt and/or pepper.
3. To make the wraps: add a tortilla to a plate and top with 1/3rd of the chickpea salad. Top each with spinach, a few avocado slices and a few red onion slices. Wrap up like a burrito, folding ends in as you go, then cut the wrap in half if desired and enjoy! Salad will stay fresh for 5-7 days in the fridge.

