

Chopped Salad Pitas

6 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
2. Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
3. Stuff the pita pockets with the chickpea mixture. Enjoy!

Notes

Leftovers

Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

Serving Size

Each serving equals one pita half stuffed with the chickpea mixture.

Gluten-Free

Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

More Flavor

Add lime juice, fresh herbs or spices.

Additional Toppings

Bell peppers, feta cheese, red onions and/or black olives.

No Chickpeas

Use marinated tofu, white beans, lentils, chicken breast or turkey instead.

Ingredients

- 1 cup Chickpeas (cooked)
- 1 cup Cherry Tomatoes (sliced into quarters)
- 1/4 Cucumber (chopped)
- 1/4 tsp Sea Salt
- 1 Whole Wheat Pita (halved)
- 1/4 cup Unsweetened Coconut Yogurt