



## Chopped Salad Pitas

2 servings

10 minutes

### 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

### Nutrition

Amount per serving	
Calories	251
Fat	4g
Saturated	1g
Carbs	46g
Sugar	8g
Protein	11g
Cholesterol	0mg
Sodium	446mg

### 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,** Capsicum, feta cheese, red onions and/or black olives (Additional calories will apply)

**No Chickpeas,** Use marinated tofu, white beans, lentils, chicken breast or turkey instead.