



GREEK CHICKPEA SALAD PITA

INGREDIENTS

- 1 15-oz. can chickpeas, drained and rinsed
- 1-2 cloves garlic, finely minced
- 1/2 cup sliced olives of choice (optional)
- 1 tsp. dried or 1 tbsp. chopped fresh oregano
- 1/4 cup diced red onion
- 1/4 cup diced bell pepper
- 1/4 cup hummus
- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. black pepper
- 2 whole wheat pita pockets, halved

DIRECTIONS

1. Pour **chickpeas** into a medium mixing bowl.
2. Add **garlic, olives, oregano, onion, bell pepper, hummus, oil, vinegar** and **black pepper**. Mix well.
3. Fill each pita half with chickpea salad. Serve immediately.

SERVES 2

TOOLS & EQUIPMENT

Measuring spoons, measuring cups, medium mixing bowl, colander, knife, spoon

GREAT ADDITIONS/SUBSTITUTIONS

Make it a meal by filling your pita with shredded lettuce and sliced tomato.

BROUGHT TO YOU BY

 **ShapeYourFutureOK.com**

A Program of
TSET

 School of
**COMMUNITY
MEDICINE**