

# Roasted Chickpea Gyros

Servings: 2

RECIPE BOX

A quick dinner or lunch with tasty chickpeas and seasonings. Chickpeas are a great vegetarian option because they have some protein while also boasting fiber in their nutrient profile.

## INGREDIENTS

1-15 OZ CAN CHICKPEAS, RINSED AND DRAINED  
1 TBSP OLIVE OIL  
1 TBSP PAPRIKA (OPTIONAL)  
1 TSP GROUND BLACK PEPPER  
1/2 TSP CAYENNE PEPPER  
1/4 TSP SALT  
4 PITA FLATBREADS  
1 CUP PRE-MADE TZATZIKI  
1/4 RED ONION CUT INTO STRIPS  
2 LETTUCE LEAVES ROUGHLY CHOPPED  
1 TOMATO SLICED



## DIRECTIONS

**STEP 1:** Pat dry chickpeas with paper towel, removing any skins that may come off.

**STEP 2:** Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.

**STEP 3:** Spread chickpeas onto a greased rimmed baking sheet and roast at 400 degrees F (200 C) for about 20 minutes, until lightly browned but not hard.

**STEP 4:** Spread some tzatziki onto one side of the pita, then sprinkle in 1/4 of the chickpeas and add veggies. Fold & enjoy!

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 331, Total Fat 12g, Carbs 45g, Protein 11g, Fiber 7.5g.

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