**PREP TIME**

10 min

**COOK TIME**

25-30 minutes

**NUMBER OF SERVINGS**

2

**INGREDIENTS**

- 2 small whole-grain pitas
- 1/2 cup tomato sauce
- 1/2 tsp dried oregano
- 1/4 cup shredded mozzarella cheese
- 1/4 cup chopped bell pepper (any color)
- 1 Tbsp chopped red onion
- 6 grape tomatoes, halved
- 2 Tbsp pitted Kalamata olives, chopped
  (optional) 1/4 chickpeas, drained and rinsed
  (optional) 1 Tbsp feta cheese, crumbled
- 2 tsp olive oil

**PREPARATION**

1. Preheat oven to 350 degree F. Line a baking sheet with aluminum foil.
   Put two pitas on baking sheet, at least 2” apart.

2. Using spoon, spread 1/4 cup tomato sauce on top of each pita. Sprinkle
   1/4 tsp dried oregano on top of each. Top each
   with mozzarella cheese.

3. Spread bell pepper, red onion, tomatoes and olives on both pizzas.
   (optional: add chickpeas and feta cheese here). Drizzle 1 tsp
   olive oil over each pizza.

4. Bake in oven for 15 to 20 minutes, or until cheese is lightly browned.

5. Carefully remove from oven and let stand for 3 minutes before
   serving. Enjoy!
# Mediterranean Chickpea Salad

<table>
<thead>
<tr>
<th><strong>PREP TIME</strong></th>
<th>15 min</th>
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<tbody>
<tr>
<td><strong>TOTAL TIME</strong></td>
<td>15 minutes</td>
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<tr>
<td><strong>NUMBER OF SERVINGS</strong></td>
<td>4</td>
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</tbody>
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**INGREDIENTS**

**Salad:**
- 1 can (15oz) chickpeas, drained and rinsed
- 2 bell peppers (any color), chopped
- 1/4 red onion, diced
- 1 cup of grape tomatoes, halved
- 1/3 cup pitted Kalamata olives, chopped
- 1 medium cucumber, diced
- 1/4 cup feta cheese, crumbled

**Dressing:**
- 2 Tbsp olive oil
- 1 lemon, juiced
- 1 clove garlic, minced
- 1 tsp dried oregano
- salt & pepper, to taste

**PREPARATION**

1. In a medium bowl, mix all prepped salad ingredients.
2. In a small bowl, whisk together olive oil, lemon, garlic and oregano. Pour dressing into large bowl and toss well to combine.
3. Store any leftovers in an air-tight container in the refrigerator for up to 5 days.