Mediterranean Chickpea Gyros

SERVES: 1-2
PREP TIME: 10 MIN

Recipe adapted from caitsplate.com

Ingredients

- 1/2 cup canned chickpeas, drained
- 1/4 cup diced cucumber
- 1/4 cup diced tomatoes
- 2 Tbsp diced red onion
- salt and pepper
- Drizzle of olive oil
- Squeeze of fresh lemon juice
- 2 pitas or flatbread
- 1/4 cup hummus
- 1/4 cup tzatziki
- 1/4 cup feta cheese (optional)

Directions

1. In a small bowl, mix chickpeas, cucumber, tomatoes, red onion, salt and pepper, olive oil, and lemon juice.
2. Spread hummus and tzatziki onto flatbreads.
3. Top with chickpea veggie mixture.
4. Sprinkle with crumbled feta.
5. Enjoy!

Recipe Notes

- Fresh or canned tomatoes both work well for this recipe. If using canned, just be sure to drain before adding.
- Skip the cheese and Tzatziki sauce for a vegan-friendly option.
- Try this served over a cooked grain such as barley, farro, or quinoa.
- Try the chickpea and veggie mix with pita chips for a tasty snack, or mix it with cooked pasta for a Mediterranean-inspired pasta dish.